Bechamel Sauce for mac and cheese

8 oz Butter

8 oz AP flour

1 gallon Milk

Melt butter and add the flour to create the roux

Cook for 8 minutes then add the milk bring to a boil and reduce to a simmer and allow to thicken.

Add cheese and stir with a spoon until melted and smooth.

Pour over pasta of choice (4 # cooked)