

Easy Pumpkin Mac and Cheese

PREP 10min COOK 40min TOTAL 50min

My family loves this pumpkin mac and cheese recipe! Pumpkin puree makes a velvety, rich mac and cheese. Use pure pumpkin puree, not the can labeled "pumpkin pie mix," since spices are added. [Homemade pumpkin puree](#) is an excellent option, as well. You can also swap pumpkin for another squash, such as butternut squash. If you are able, buy a block of cheese and then coarsely grate it instead of buying pre-shredded cheese. In our experience, home-grated cheese melts better and becomes more creamy than grated cheese out of a bag.



8 Servings

YOU WILL NEED

- 1 pound (450g) pasta, such as macaroni or shells
- Salt, as needed
- 4 tablespoons (55g) unsalted butter
- 1/4 cup (30g) all-purpose flour
- 2 cups (470ml) milk, whole or 2% are best
- 1 teaspoon Dijon mustard
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon finely grated nutmeg
- 1 cup (227g) pure pumpkin puree, try [homemade pumpkin puree](#)
- 2 cups (226g) grated sharp cheddar cheese, 8 ounces

DIRECTIONS

Preheat the oven to **350°F** (177°C). Butter a 3-quart casserole dish or spray with nonstick cooking spray.

Bring a large pot of salted water to a boil. Cook pasta as directed on the package. (Usually 7 to 10 minutes). Drain.

Melt the butter in a large, high-sided pan over medium heat. When it begins to bubble, add the flour. Cook, whisking constantly for 2 to 3 minutes until the butter smells fragrant and nutty. The color of the butter-flour mixture will turn light brown.

While whisking, slowly pour in the milk. Continue to cook, whisking constantly until the sauce bubbles and thickens.

Reduce the heat to low, and then season the sauce with a 1/2 teaspoon of salt, pepper, nutmeg, and mustard.

Add the pumpkin puree and three-quarters of the grated cheese. Stir until the cheese has melted and the sauce is smooth. Taste the sauce for seasoning and adjust with more salt or pepper.

Stir the cooked pasta into the sauce until well coated, then spoon into the prepared baking dish and top with remaining cheese.

Bake uncovered until golden brown on top, for about 25 minutes. Let stand 5 minutes before serving.

ADAM AND JOANNE'S TIPS

- **Storing:** Keep covered in the refrigerator for up to 3 days. To freeze, transfer to a freezer-safe container and freeze for up to 2 months. Bake, covered, in a 350°F oven for about an hour. Or thaw overnight and gently reheat on the stove (if it seems dry, add a tablespoon or two of extra milk).
- **Dutch oven:** If you have one, make the sauce in an oven-safe Dutch oven. This way, there is no need to dirty a baking dish. Instead, mix the pasta and sauce in the Dutch oven and bake.
- The nutrition facts provided below are estimates.

NUTRITION PER SERVING: Calories 474 / Protein 19g / Carbohydrate 57g / Dietary Fiber 4g / Total Sugars 5g / Total Fat 19g / Saturated Fat 11g / Cholesterol 51mg

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The full recipe post can be found on Inspired Taste here:
<https://www.inspiredtaste.net/9038/pumpkin-mac-and-cheese-recipe/>