

# ***Cauliflower Mac and Cheese***

Prep Time 15 Mins

Cook Time 4 hrs

Serves 6

1 1/2 Cups Elbow Macaroni

3 Cups shredded cheese of your choice (I used a combo of Colby, Mozzarella and Parmesan)

1 Cup Cauliflower florets

2 1/2 Cups Milk

1 Cup (1 can) Evaporated Milk

Seasoning- Salt, Black Pepper and Nutmeg to taste

Combine Pasta, Cheese (hold back approx. 1/2 a cup for later), Cauliflower, Milk, Evaporated Milk, and seasoning in Slow Cooker. Mix well

Cook on Low 3-4 hours until most of the liquid has been absorbed.

Sprinkle remaining cheese on top and cook another 15-30 minutes until cheese is melted and the remaining liquid is absorbed.