



# Noreen's Kitchen

## Low Carb/Keto

### Cheese Sauce

#### Ingredients

2 sticks (1 cup) butter  
1, 8-ounce brick (1 cup) cream cheese  
1 cup heavy whipping cream  
2 cups shredded cheddar cheese  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon cracked black pepper  
¼ teaspoon cayenne pepper

#### Step by Step Instructions

Place butter and cream cheese in a heavy bottomed saucepan over medium high heat. Melt until butter bubbles and cream cheese has broken down.

NOTE: At this stage the mixture will look curdled. Not to worry, keep going and it will be fine.

Add heavy cream and whisk well until the mixture comes back up to heat and begins to bubble.

Add in the shredded cheese and continue whisking until smooth.

Add in the spices and stir well.

Use this cheese sauce over vegetables, in casseroles or draped over grilled meats or eggs.

You can store this cheese sauce in an airtight container in the refrigerator for up to a week.

You can reheat in the microwave on 50% power or on the stovetop over low heat. If the mixture looks broken upon reheating, simply whisk well to bring it back together.

If the mixture will not cooperate and continues to look broken, add in a couple tablespoons of heavy cream or a generous dollop of sour cream and whisk again. This should fix it.