

Milk to Mac & Cheese

Watch the video featuring a real farm family in Manitoba and then try the recipe below using one or more ingredients found on their farm.

Video courtesy of [Great Tastes of Manitoba](#) | Recipe courtesy of [Dairy Farmers of Manitoba](#)



Modern Dairy Farming For The Next Generation

Richard & Michelle are young farmers from Southern Manitoba who enjoy life on the farm with their three kids. Richard grew up on a dairy farm and has known that this was what he wanted to do all his life. Take a behind-the-scenes look at a dairy farm where they use the latest technology to help keep their farm sustainable and their herd comfortable.

<https://youtu.be/HFmDG75qx7Q>

DID YOU KNOW?

Dairy products help build strong bones, teeth and muscles, help our blood clot, and make sure our nerves work well. Consumption of dairy foods is also associated with reduced risk of cardiovascular disease and type 2 diabetes.

All milk sold in Canada has vitamin D added to it. Vitamin D is important in helping the body absorb calcium. A calcium-rich diet is important for all age groups. How much dairy your body requires depends on your age, with teens and seniors requiring more servings.

LEARN MORE:

[snapAG: Dairy In Your Diet](#)

[snapAG: Dairy Cows](#)

[snapAG: Milk Pasteurization Dairy Farmers of Manitoba](#)

Skillet Mac and Cheese

Ingredients

- 2 ½ cups milk
- 2 cups low sodium chicken broth
- ½ tsp salt
- ¼ tsp black pepper
- ¼ tsp ground mustard
- ¼ tsp paprika
- 2 ½ cups whole wheat macaroni
- 2 cups small [Peak of the Market](#) broccoli pieces
- 2 ½ cups shredded Canadian Cheddar cheese

Method

1. In a large pan, stir together milk, broth, salt, pepper, mustard, paprika, and macaroni. Bring to a simmer over medium-high heat.
2. Turn heat to medium-low, cover with a lid, and cook for about 10 minutes, stirring often.
3. When macaroni is cooked but still a little firm, stir in the broccoli. Cover and let cook for 2 minutes.
4. Stir in the cheese until melted and serve.



<https://youtu.be/r18AnHevuLo>

Servings 4 | Total time 30 minutes

Grown by Manitoba Farmers

Tip: In place of broccoli, substitute frozen peas or another frozen or canned vegetable.