Alfredo Sauce

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 10-12	1/2 cup	About 12-15 g	15 min / 10 min

Ingredients

- **1 cup butter**
- **3 cups heavy whipping cream**
- **4 teaspoons minced garlic**
- **1 teaspoon Italian seasoning**
- **1 teaspoon salt**
- **1/2 teaspoon pepper**
- **4 cups freshly grated Parmesan cheese**

Directions

1. **Combine.** Add the butter and heavy whipping cream to a large skillet.
2. **Simmer.** Heat over low heat until the butter melts, then simmer gently for **2 minutes**.
3. **Season.** Whisk in the minced garlic, Italian seasoning, salt and pepper. Continue whisking over low heat for **1 minute**.
4. **Melt the cheese.** Whisk in the freshly grated Parmesan until melted and smooth.
5. **Serve.** Serve immediately.

Store & Reheat

Refrigerate promptly in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze in **1/2-cup portions for up to 2 months** for best quality.

Stovetop:

Thawed: Thaw in the refrigerator. Warm over low heat, whisking gently; add cream if needed. Heat to **165°F**, avoiding boiling. Whisk with a little cream if separated.

Frozen: Put a frozen portion in a small pan over the lowest heat. Cover until soft, stirring frequently; then whisk to **165°F**, avoiding boiling. Whisk in a little cream if separated.