



**the honeycomb project**

## **TETA NARGES' MACARONA BECHAMEL**

*From Joanna and Teta Narges*

### **Macarona**

- 1 box penne (she said she knows spaghetti is my favorite way to have it, but is not traditional)
- 1 large diced onion
- 1 pound of ground beef
- 1 cube stock
- Season all with the love of salt and pepper

### **Teta Narges's Bechamel Sauce**

- 4 wooden spoonfuls of flour
- 1 wooden spoon of samna or butter
- 2 cups whole milk (2% if you want to make it healthier)
- 1 egg beaten quickly stirred in
- Season with the love of salt and pepper

Bake at 350\* F. The bottom shelf for 1 hour. Top shelf for a half hour.

