



## **Bahamian-style Baked Macaroni**

**Submitted by Aleah Otabor, sophomore from the Bahamas majoring in Business Administration with a concentration in Finance and a minor in Spanish**



### **Ingredients**

1 box of Ziti cut pasta (or whichever one you choose)  
2 cans of cream  
2 blocks of cheese (half of one block should be used for the top)  
1 small green bell pepper  
1 small onion  
1 egg  
2 tablespoons of ketchup  
1/2 block of salted butter  
Salt  
Pepper  
Red pepper flakes  
Red Seasoning Salt  
Thyme  
Parmesan cheese

**Season to your liking but be generous!**

### **Directions**

Fill a medium-size pot with water, just enough to cover the pasta, and put salt into the water until it tastes seasoned. Then add a tablespoon of oil to the water, bring it to a boil, and add pasta to the boiling water until cooked.

After draining the water from the pasta, place all ingredients into the pot with pasta and stir for 10 minutes (the more stirs the better; that's what my grand-aunt says), making sure it tastes seasoned. After stirring, let the macaroni in the pot rest and thicken for about 15-20 minutes before placing it in a medium-size buttered pan with cheese and parmesan cheese on top (the parmesan cheese can also be used in the macaroni). You can drizzle cream on top off the macaroni after placing cheese on top and bake for 1 hour (or until it's sufficiently browned) at 350 degrees Fahrenheit.