



REG'S
KITCHEN
MAY 6,
2026

White Sauce in the Microwave

SERVINGS: 2

PREPPING TIME: 5

COOKING TIME: 9 MIN

Ingredients

Single (1 cup):

2 T olive oil

2 T all purpose flour

¼ tsp salt

Pepper to taste

1 C milk (I use whole)*

Double (2 cups):

4 T olive oil

4 T all purpose flour

1/2 tsp salt

Pepper to taste

2 C milk (I use whole)*

*Can substitute half and
half for the milk

Instructions

- **Mix ingredients:** Add the olive oil and then the flour and mix until its smooth. Use an appropriately sized microwaveable bowl.
- **Other ingredients:** Add the milk, salt and pepper. Mix until smooth.
- **Microwave:** Cook on high for 3 minutes. Remove and give the mixture a good mixing. Repeat twice more. It may be a little lumpy, but it will smooth out with mixing.
- **Add:** Can add more salt and pepper, hot sauce, cheese, oriental flavorings etc. I often add a pan of sauteed vegetables.