

Everything
Herbal
— by Cheryl Jabz —

Cheryl's Creamy Alfredo Sauce

A rich, velvety homemade Alfredo sauce with butter, cream, Parmesan, and herbs—perfect over pasta, chicken, or vegetables.



Prep Time:
5 minutes



Cook Time:
10 minutes



Servings:
4–6

Ingredients

- 1/2 cup butter
- 2 cloves garlic, minced
- 2 cups heavy cream
- 4 ounces cream cheese, softened
- 1 1/2 cups freshly grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/2 teaspoon dried parsley or Italian seasoning
- Optional: pinch of nutmeg

Directions

- 1 In a medium saucepan over low to medium heat, melt the butter.
- 2 Add the minced garlic and cook for about 30 seconds, just until fragrant.
- 3 Stir in the heavy cream and cream cheese. Whisk until smooth and gently heated through.
- 4 Add the Parmesan cheese, garlic powder, salt, pepper, parsley, and optional nutmeg.
- 5 Continue whisking until the sauce is smooth, creamy, and slightly thickened.
- 6 Serve immediately over hot pasta, grilled chicken, or steamed vegetables.

Cheryl's Tip

If the sauce gets too thick, whisk in a splash of warm milk or pasta water to loosen it.

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