

# Basic White Bread



3 1/2 cups-4 cups all-purpose flour  
1 (2 1/4 teaspoons) package instant yeast  
2 Tablespoons sugar  
1 1/2 teaspoons salt

1/2 cup water  
1/2 cup milk  
2 Tablespoons vegetable oil

Instructions: In a large mixing bowl, combine 1 1/2 cups flour, yeast, sugar and salt. Add warm water and milk (120-130°F) and oil to the flour mixture. Blend at low speed until moistened, then beat 3 minutes at medium speed. Gradually stir in enough remaining flour to make a firm dough. Knead on a floured surface until smooth and elastic, about 5-8 minutes. Place in a greased bowl, turning greased side to top. Cover, let rise in warm place until double, about 30 minutes.

Punch down dough. On lightly floured surface, roll or pat into a 14x7-inch rectangle. Starting with the shorter side, roll up tightly, pressing dough into roll with each turn. Pinch edges to seal. Place in greased 9x5-inch bread pan. Cover and let rise in a warm place until double, about 15 minutes. Preheat oven to 400°F. Bake for 35-40 minutes or until golden brown. Remove from pan and cool.

Yield: 1 loaf, 18 slices

**Nutrition Facts** (per serving): 120 calories, 2 grams fat, 200 milligrams sodium, 23 grams carbohydrate, 1 gram fiber, 3 grams protein