

Lighter Tuna Casserole

Makes 8 Servings

Ingredients

- 8 ounces uncooked egg noodles
- 2 tablespoons butter
- 1 onion, diced
- 8 ounces (1 package) mushrooms, sliced
- 1 cup chicken broth
- 1 cup milk
- 1/4 cup flour
- 1/2 teaspoon garlic powder
- 1 can peas and carrots, drained
- 2 (5 ounce) cans tuna, drained
- 1/2 cup shredded cheese
- 1/4 cup breadcrumbs
- Salt and pepper

Directions

1. Preheat the oven to 375° and grease a 9x13 inch baking dish.
2. Cook noodles in water to al dente (not cooked the whole way). Drain and set aside.
3. Melt 1 tablespoon of butter in a deep pan. Add the onions and cook on medium heat until see through, about 3 to 5 minutes. Stir in the flour and salt. Cook flour, stirring for 2 to 3 minutes.
4. Slowly add in the chicken broth and stir until smooth. Then, slowly add in the milk. Keep stirring until the liquid starts to bubble.
5. Once boiling, add the mushrooms, peas and carrots and turn heat to a simmer (small bubbles). Add salt and pepper. Stir at times while the liquid thickens, about 5 to 8 minutes.
6. Remove the pan from heat. Add the tuna and cheese. Stir until cheese melts. Then stir in the noodles. Pour the creamy noodle mixture into the baking dish.
7. In a small dish, melt 1 tablespoon butter and mix with the breadcrumbs. Sprinkle over the top of the casserole.
8. Bake the casserole about 25 minutes, or until bubbling. Then, place under the broiler for 1 to 2 minutes to brown the top, keeping a close eye to prevent burning.



Recipe from: Feeding Pennsylvania and PA Eats