



Not Your Grandma's Tuna Noodle Casserole

Serves 6-8 (at least)

Ingredients:

- 2 cups 2% milk (heat in microwave or saucepan until hot)
- 8 oz bowtie pasta
- 1 stick salted butter
- ½ large onion, finely diced
- 2 stalks celery, finely diced
- ⅓ c red or orange or yellow bell pepper, finely diced
- 2 cups sliced brown mushrooms (If you have kids, put these in the food processor or Nutribullet so they become mushroom mush and are not identifiable as mushrooms.)
- ¼ cup unbleached flour
- 1 ½ cups frozen peas
- 3-5 ounce cans of water packed tuna - drained (15 ounces total)
- ½ tsp dried dill or 1 ½ tsp fresh chopped dill
- 1 tsp salt
- 20 grinds black pepper
- 1 cup breadcrumbs (I used panko which was crunchy and good)
- 1 ½ Tbsp butter (for breadcrumbs)

Instructions:

Butter or oil a 9 x 13 pan.

Preheat the oven to 350 with the rack in the middle.

Start a large pot of water to boil the pasta - add a half a teaspoon salt. When it is boiling, add bow tie noodles and cook until al dente but not totally soft. Drain well.

Meanwhile, (noodles can be cooking away) melt butter and sauté the diced onion, celery, pepper and mushrooms or mushroom moosh. When everything is soft, sprinkle with flour. Stir and cook about three minutes. Continue stirring then add heated milk slowly until it makes a thick sauce. Cook another minute. Turn off the heat and add the dill, drained tuna, and frozen peas, salt and pepper. Stir to combine and taste to see whether you might need additional salt or pepper.

Scrape everything into the prepared baking pan and bake uncovered at 350 for 20 minutes.

While the tuna casserole is baking, heat the 1 ½ Tbsp of butter in a small fry pan on medium heat, add panko crumbs and stir until they get a little brown. Remove from the heat.

Remove the baking pan from the oven and top with browned panko crumbs and bake an additional ten minutes. Remove the pan from the oven, let it rest about ten minutes and serve with a nice fresh fruit salad and green salad.

Leftovers reheat well!

Cook's note: this is also good if you prefer leftover or canned salmon or even cubed chicken/turkey in lieu of tuna.