

# *Idiot's Kitchen Recipe – Tuna Noodle Casserole*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



## Ingredients:

Wide Egg Noodles (16 ounce package)  
3-4 cans of Tuna (about 20 ounces) preferably White Albacore packed in water  
1 Large Onion - diced  
2 Ribs Celery - diced  
1 Large Red Bell Pepper – diced  
8 ounces Fresh Mushrooms – sliced  
1 ½ cups Frozen Peas  
2 Tablespoons Olive Oil  
4 Tablespoons Butter (½ stick)  
¼ cup Flour  
½ cup Dry White Wine  
2 ½ cups Milk (preferably whole or 2%)  
Hot Sauce – a few dashes  
8 ounces Sharp Cheddar Cheese - grated  
Salt & Pepper

Pre-heat the oven to 350 degrees.

Cook the egg noodles in a pot of boiling, salted water for 5 minutes until just tender. Do not over-cook the noodles as they will continue to cook in the oven. Drain the noodles well and set aside in a large mixing bowl.

Chop the onion, celery and red pepper into small dice. Sauté the vegetables in 2 Tablespoons of olive oil over medium high heat for about 5 minutes. Add the sliced mushrooms and cook for 5 more minutes. The vegetables should be tender but still a bit crisp. Add the sautéed vegetables to the bowl of noodles. Add the frozen peas and drained tuna to the bowl as well.

Melt 4 Tablespoons of butter in the same pan in which the vegetables were cooked. Stir in ¼ cup of flour and whisk to make a roux or thick paste. Add ½ cup of white wine and stir to remove as many lumps as possible. Add the milk 1 cup at a time whisking and stirring to remove any lumps until all 2 ½ cups of milk have been added to the sauce. Cook the sauce gently over medium heat, stirring constantly to thicken. Season with hot sauce, salt & pepper to taste.

Pour the sauce over the noodles. Add ½ of the grated cheddar cheese to the noodles and stir to thoroughly combine all of the ingredients. Pour the noodles into a 9x13 inch baking dish prepared with non-stick cooking spray. Top with the remaining cheese and bake at 350 degrees for 30 minutes until bubbly and golden brown.