

Handy-Dandy Shopping List – Tuna Noodle Casserole

Recipe from www.idiotskitchen.com



Wide Egg Noodles (16 ounce package)

3-4 cans of Tuna (about 20 ounces) preferably White Albacore packed in water

1 Large Onion

2 Ribs Celery

1 Large Red Bell Pepper

8 ounces Fresh Mushrooms

1 ½ cups Frozen Peas

2 Tablespoons Olive Oil (not pictured)

4 Tablespoons Butter (½ stick)

¼ cup Flour

½ cup Dry White Wine

2 ½ cups Milk (preferably whole or 2%)

8 ounces Sharp Cheddar Cheese - grated

Hot Sauce – a few dashes

Salt & Pepper