

Ingredients



- 8 ounces extra-wide egg noodles
- 2 cups frozen peas
- 2 1/2 tablespoons butter
- 2 1/2 tablespoons all-purpose flour
- 2 1/2 cups milk, at room temperature
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- Freshly ground black pepper, to taste
- 1 cup (4 ounces) freshly grated cheddar cheese
- 2 (6-ounce) cans tuna, drained and flaked
- 3 tablespoons freshly chopped parsley, optional
- 1/2 cup crushed butter cracker crumbs, optional
- 1/4 cup freshly grated Parmesan

Tuna Noodle Casserole

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HUNGRY
BOYS

Instructions

- Bring a large pot of salted water to a boil over high heat. Add the egg noodles and cook per package directions. A minute or so before the noodles are done, add the frozen peas to the boiling water. Once the noodles are cooked to your liking, drain the noodles and peas and set aside.
- While the noodles are cooking, set another large pot, pan, or skillet over medium heat. Add the butter and swirl until melted. Stir in the flour and continuously whisk for 2 minutes. Continue to whisk vigorously as you slowly and gradually pour in the milk. Stir until smooth and bring to a simmer, whisking regularly to prevent the bottom from burning. Cook for a minute or two until the sauce has thickened. Remove from the heat, stir in the salt, garlic powder, and pepper. Gradually blend in the cheddar until melted, and then stir in the drained tuna and the parsley, if using.
- Stir the drained noodles and peas into the sauce and mix until everything is well coated. If desired, combine the cracker crumbs and the Parmesan in a small bowl and evenly sprinkle the mixture over the entire skillet. Serve immediately.

