



Tuna Noodle Casserole

SERVINGS

8

TIME

45 minutes

INGREDIENTS

- 1 pound box of pasta, small shape such as bow ties, shells, or penne
- 4 tablespoons butter
- ¼ cup flour
- 1 ½ cups milk
- 1 cup shredded cheddar cheese
- 3-4 cans of tuna, drained according to package directions
- 3 cups of frozen peas, thawed

EQUIPMENT

- 13x9 pan
- Large pot with lid
- Saucepan and whisk
- Liquid and dry measuring cups

DIRECTIONS

- Bring a large pot of water to boil (with lid on the pot). Season generously with salt. Add pasta and cook, stirring occasionally, until about 2 minutes before recommended cooking time. RESERVE 1 cup pasta cooking water. Then drain pasta and return to pot off the heat.
- Preheat oven to 350°F.
- Melt butter in a saucepan at medium heat. Add flour and whisk to make a paste. Cook for one minute. Add milk and whisk to combine. Cook for 2-3 minutes until the mixture thickens.
- Add tuna and peas to pot with the pasta. Stir to combine. Add milk mixture and stir to combine. Add cheese and stir to combine. If thick, add a bit of the pasta liquid to moisten the mixture.
- Grease a 13x9 pan. Pour pasta mixture into the pan. Cook for about 20 minutes.

TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy and take out all ingredients.
- Have the kids help make the sauce.
- Let the kids do all of the stirring to combine.

