

Tuna Casserole

It's a bit of a production but once you've got the system down, you can do several things at once and it doesn't take so long.

1. Cook 1 pkg wide egg noodles (I think they're 12 oz pkgs.)
2. Combine in pot and heat over low flame:
 - 2 ½ c. milk
 - 1 ½ c. yogurt
 - 1 T veg. soup mix
 - 1 tsp dill
 - 1 tsp Mrs. Dash
 - ½ tsp basil
 - optional: ½ c. white wine
3. Combine in small pan and cook 2-3 minutes, stirring regularly to make roux
 - ½ cup butter or margarine
 - ½ cup flour
4. Add roux to milk mixture and cook 5 minutes, stirring regularly.
5. Mix in really big bowl:
 - Cooked egg noodles
 - 2 cans of chunk tuna
 - 2 c. frozen peas & carrots or any frozen vegetables, microwaved for a few minutes. (You can use fresh vegetables if you cook them first.)
6. Add sauce to noodle mixture and mix gently.
7. Pour in oiled 11"x13" pan. Optional: dab little blobs of butter on the top.
8. Bake at 350° for 40 minutes.