



CONVIVIVUM  
URBAN FARMSTEAD

## THIS CASSEROLE IS FULLY BAKED AND ONLY NEEDS REHEATING

*The recipe is provided below if you would like to recreate the meal.*

### Reheating Instructions:

If reheating the entire casserole, place in the oven at 375 degrees F for 30-35 minutes or until it is 165 degrees in the center.

It can also be portioned out cold and then reheated in the microwave as individual portions.

**DO NOT PUT CASSEROLE PAN IN THE MICROWAVE.**

## Tuna Noodle Casserole

### INGREDIENTS

- 6 oz. uncooked pasta noodles
- 1 Tbsp. butter
- 1 small onion, diced
- 2 Tbsp. flour
- 1  $\frac{3}{4}$  cup chicken broth
- 1 cup milk
- 10 oz. sliced mushrooms
- 1 cup frozen peas
- 1 cup frozen corn
- 2 tsp. garlic powder
- 2 tsp. salt
- 2 5 oz. cans tuna in water (drained)
- 4 oz. cheddar cheese
- 3 Tbsp. breadcrumbs (or sub with crackers broken into pieces)

### INSTRUCTIONS

1. Preheat the oven to 375 degrees F. Spray a 9x13 casserole pan.
2. In a small saucepan, cook the noodles in salted water until al dente, or slightly undercooked. Drain and place on the bottom of the casserole pan. Set aside.
3. In a large deep skillet on medium heat, melt the butter. Add onions and cook until soft, about 5 minutes.
4. Add the flour and a pinch of salt and stir well. Cook an additional 2-3 min on medium low heat.
5. Slowly whisk in the chicken broth until well combined (there should be no clumps), increasing heat to medium. Then, add the milk and bring liquid to a boil.
6. When boiling, add the mushrooms, corn, peas, salt, and garlic powder. Lower heat to simmer and mix occasionally until it thickens slightly (7 to 9 minutes).
7. In the casserole pan, spread the tuna and cheddar cheese evenly on top of the noodles.
8. Add the sauce/veggie mixture, again, spreading evenly throughout the casserole pan.



9. Sprinkle with the breadcrumbs (or broken crackers) and bake for 25 min. For crispy breadcrumbs, place the casserole under the broiler for a few minutes at the end (optional).
10. Remove from oven and let cool for a couple of minutes before enjoying!

## Tuna Noodle Casserole Nutritional Information

Information per serving (6 servings per 9 x 13 casserole)

<b>Calories</b>	<b>330 kcal (17% DV)</b>
<b>Total Fat</b>	<b>12 g (18%)</b>
Saturated Fat	6.3 g (32%)
Trans Fat	0.3 g
Cholesterol	60 mg (20%)
Omega-3 & Omega-6 fatty acids	0.6 g
<b>Total Carbohydrate</b>	<b>35 g (12%)</b>
Dietary Fiber	4.0 g (16%)
Simple Sugars	6 g
<b>Total Protein</b>	<b>23 g (45%)</b>
<b>Vitamins</b>	
Vitamin A	995 IU (20%)
Vitamin B3	10 mg (50%)
Vitamin C	6 mg (10%)
Folate	110 mcg (28%)
<b>Minerals</b>	
Sodium	670 mg (28%)
Calcium	185 mg (19%)
Iron	3.6 mg (20%)
Selenium	57 mcg (80%)
Percent Daily Value (DV) in parentheses is based on a 2000 calorie diet. Your daily values may be higher or lower depending on your individual needs.	

The casserole is **relatively low calorie, high in protein** and moderate in fat and carbohydrate based on a 2000 calorie diet. Fish in general are a good source of protein.

Saturated fat is moderately high, but trans fats are low. The dish is low on both the **bad cholesterol** and the **good omega-3 & omega-6 fatty acids**.

**Moderately low in carbohydrates**, low in simple sugars and a good source of fiber.

Good source of **Vitamin A** (good for eye health among other things), excellent for **Vitamins B3** (important for normal fuel metabolism). Not a good source of Vitamin C, but good for **folate** (important for growing children and pregnant women).

A moderate source of **Iron** and **Calcium**.

Tuna is a good source of **selenium**, an important micronutrient for boosting the immune system.

NOTE: The nutritional information is an estimate based on a standard recipe. Actual amounts may vary slightly depending on ingredients used in the preparation of this particular casserole. Heating and re-heating may affect some vitamin content.

## CONVIVIUM URBAN FARMSTEAD

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