



TUNA NOODLE & VEGETABLE CASSEROLE

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EACH BATCH SERVES 8.

INGREDIENTS	X1	X2	X3	X4
Gluten free pasta (shells, penne, elbow shapes)	12 ounce	24 ounce	36 ounce	48 ounce
Olive oil, divided	2 tablespoon	1/4 cup	6 tablespoon	1/2 cup
Chopped onion	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Red bell peppers, ribs and seeds removed, thinly sliced	1 1/2	3	4 1/2	6
Sliced mushrooms	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Sweet rice flour	1/4 cup	1/2 cup	3/4 cup	1 cup
Gluten free chicken or vegetable broth or stock (or more as needed)	3 cups	6 cups	9 cups	12 cups
Gluten and dairy free mayonnaise	6 tablespoons	3/4 cup	1 cup + 2 T	1 1/2 cups
Dried parsley	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Dry thyme	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Salt and ground black pepper	to taste	to taste	to taste	to taste
Canned artichoke hearts, drained and chopped	14 ounces	28 ounces	42 ounces	56 ounces
Frozen peas	3/4 cup	1 1/2 cups	2 1/4 cups	3 cups
Canned tuna (be sure to use one that is gluten and dairy free)	12 ounces	24 ounces	36 ounces	48 ounces
Gluten & dairy free bread crumbs or crushed potato chips, optional	3/4 to 1 cup	1 1/2 to 2 cups	2 1/4 to 3 cups	3 to 4 cups
Pakrika, optional	as needed	as needed	as needed	as needed

Heat half the olive oil in a pan over medium heat, add onion, peppers and mushrooms, cook until tender then remove from pan.

Add 2 more tablespoons olive oil to pan and stir in sweet rice flour, whisking until smooth. While continuing to whisk, gradually add broth, cooking until sauce thickens. Stir in mayonnaise, parsley, thyme, salt and pepper, whisking until smooth. Turn off heat.

Mix in onion/pepper/mushroom mixture, artichoke hearts, peas and tuna. Spread cooked pasta in 4 8x8 lightly oiled baking dishes and pour tuna mixture over noodle being sure to cover the noodles completely.

If using a topping, sprinkle gluten free bread crumbs over the casserole, dust lightly with paprika. Spritz bread crumbs with a bit of olive oil. If using potato chips, simply sprinkle crushed potato chips over all. If not using a topping, lightly dust with paprika. Cover, label and freeze.

If serving one right away, bake in the preheated 350 degree oven for 30 minutes until lightly browned on top.

Bake from Frozen: Preheat oven to 350 degrees. Bake, covered with foil, until center is warm, about 2 hours. Uncover, and bake until top is browned, about 20 minutes more.

Bake from Thawed: Thaw overnight in refrigerator. Preheat oven to 350 degrees and bake, covered with foil, until center is warm, about 30 minutes. Uncover, and bake until top is browned, about 20 minutes more.