
Fabulous Tuna Noodle Casserole

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 15 minutes

1/4 cup butter
1 large red bell pepper, chopped
1 cup chopped onion
1 package (8 ounce) sliced fresh mushrooms
1/3 cup all-purpose flour
3 cups milk
12 ounces (three cups) cheddar cheese, shredded
3/4 teaspoon table salt
1/2 teaspoon black pepper
1 can (12 ounce) solid white tuna in water, drained and flaked
1 can (6 ounce) solid white tuna in water, drained and flaked
1 package (12 ounce) egg noodles, cooked
1/4 cup fresh flat-leaf parsley, chopped
1 1/2 cups homemade breadcrumbs
1/3 cup butter, melted

Preheat the oven to 375 degrees.

In a large skillet over medium-high heat, melt 1/4 cup of butter. Add the bell pepper, onion and mushrooms. Cook for 5 minutes or until tender. Remove from the skillet.

In a bowl, whisk together the flour and milk until smooth. Add to the skillet. Cook over medium heat, stirring constantly, for 10 minutes or until thickened. Remove from the heat. Add the cheese, salt and black pepper, stirring until the cheese is melted.

Stir in the tuna, noodles and parsley. Stir in the cooked vegetables. Spoon into a lightly greased 13 x 9-inch casserole dish..

Bake, covered, for 25 minutes. Stir together the breadcrumbs and 1/3 cup of melted butter. Sprinkle over the casserole.

Bake, uncovered, for 15 minutes or until golden.

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 7271 Calories; 585g Fat (72.0% calories from fat); 377g Protein; 134g Carbohydrate; 8g Dietary Fiber; 1851mg Cholesterol; 11659mg Sodium. Exchanges: 4 Grain(Starch); 47 1/2 Lean Meat; 4 Vegetable; 3 Non-Fat Milk; 85 1/2 Fat.