

Homemade Tuna Helper

12 ounces short pasta
3 tablespoons + a splash olive oil
8 ounces mushrooms, sliced
5 tablespoons butter, divided into 4 tablespoons + 1 tablespoon
1/4 cup unbleached, all-purpose flour
1 3/4 cups milk
2 cups chicken stock
1/4 cup white wine
3 5 ounce cans of tuna, packed in water, drained
1 cup frozen peas
1 cup shredded cheese, divided into 2/3 cup + 1/3 cup
1 tablespoon lemon juice
pinch of nutmeg
salt, to taste
1/3 cup breadcrumbs

Preheat oven to 375 degrees.

Fill a large pot with water. Bring it to a boil. Add pasta. Follow package directions, and cook until al dente. Drain, toss with a splash of olive oil and set aside.

Meanwhile, in a large pan, add remaining olive oil. Heat over medium heat. Add mushrooms and saute until mushrooms release liquid and some of the liquid has cooked off, approximately five minutes. Remove from pan, and set aside.

Add four tablespoons of butter to the pan. Melt over low heat. Whisk in flour, and cook for three minutes. Add milk, broth and wine. Stir to combine. Heat over medium heat for 10 minutes, stirring occasionally. Remove from heat.

Add tuna, pasta, mushrooms, peas, 2/3 cup cheese, lemon juice, nutmeg and salt to the sauce. Stir to combine. Pour into a 13x9 baking pan. In a small bowl, mix together breadcrumbs and rest of cheese. Sprinkle pasta with the breadcrumb mixture. Top with one tablespoon of butter, cut into small pieces.

Bake for 30 minutes.

Serves 4-6

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