

Tuna and Vegetable Casserole

Savannah · 30/09/2024



Prep Time

50 mins

Difficult

Medium

Servings

8

Description

This tuna vegetable casserole is delicious. The recipe calls for plenty of fresh and frozen vegetables that are usually on hand. In an attempt to eat healthier, my husband and I have been eating more vegetables and fewer meats. As a result, I have become more creative in coming up with dinner meals.

Ingredients

- - ½ (12 ounce) package egg noodles - 1 cup 1-inch pieces fresh-cut green beans - 1 cup bite-size summer squash pieces - 1 cup frozen peas - 1 cup sliced carrots - 1 teaspoon olive oil - 1 cup sliced fresh mushrooms - 1 (10.75 ounce) can condensed cream of mushroom soup - ½ cup 2% milk - 1 (7 ounce) can albacore tuna
- drained and broken into chunks - ½ onion
- chopped - ½ cup shredded Cheddar cheese - 1 tablespoon Worcestershire sauce - salt and ground black pepper to taste - 1 cup French-fried onions (such as French's®)

Instructions

1. Bring a large pot of lightly salted water to a boil. Cook egg noodles in boiling water
2. occasionally stirring until cooked through but firm to the bite
3. about 5 minutes. Drain. Preheat the oven to 425 degrees F (220 degrees C). Combine green beans
4. squash
5. peas
6. and carrots in a microwave-safe glass or ceramic bowl; cook until tender
7. 3 to 10 minutes. Rinse vegetables with cold water and drain. Heat olive oil in a skillet over medium-high heat; sauté mushrooms in hot oil until tender
8. 5 to 7 minutes. Whisk mushroom soup and milk together in a large bowl; add vegetables
9. mushrooms
10. tuna
11. onion
12. and Cheddar cheese. Mix in Worcestershire sauce
13. salt
14. and black pepper. Pour mixture into a casserole dish and top with French fried onions. Bake in the preheated oven until bubbling
15. about 20 minutes. Tips I top the casserole with French fried onions. Another option would be more grated cheese or crushed potato chips.