

Veggie Tuna Casserole

Garden pasta, red pepper, zucchini, broccoli, tuna, and cheese, combined in a flavorful and creamy sauce

Yield:

4-6 servings

Ingredients:

2 cups garden spiral pasta

1 large red bell pepper

1 large zucchini

1 head broccoli or approximately 2 cups chopped

1 large can tuna, drained (I used 6 ounces of tuna)

1 cup (4 ounces) Monterey jack cheese, grated (or more)

2 Tablespoons butter

2 cups milk

1 Tablespoon soy sauce

1 Tablespoon hot sauce (or less)

2 Tablespoons oil

3 Tablespoons flour

Salt & Pepper to taste

Instructions:

1. Cook pasta according to package instructions; drain.
2. Chop bell pepper, zucchini and broccoli into bite-sized pieces. Saute in oil, then add soy sauce. Don't overcook; vegetables should still be crisp.
3. In small saucepan, melt butter. Add salt, pepper and hot sauce. Whisk in flour. Add milk. Stir constantly and bring to a boil over med heat. Boil & stir one minute.
4. Add vegetables to pasta in large bowl. Add sauce & stir together. Stir in one handful cheese. Place in 9"x13" baking pan and sprinkle remaining cheese over top.

5. Bake in 375* oven for 5-10 minutes, or until cheese is melted.

Additional Notes:

This

recipe was submitted to Tammysrecipes.com by Amy B. She writes, "This might not seem like anything special, but it is a pretty tasty dinner."

When I (Tammy) made the recipe, I used the full amount of hot sauce (we use Tapatio brand) and we thought it was a little too hot for our tastes. I also used more cheese than the recipe calls for, probably at least double (8 ounces or more), but I didn't measure that. It was good that way!



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This recipe is from Tammy's Recipes.