

Creamy Cheddar Tuna Casserole

FROM THE KITCHEN OF AHNA @HAMMERSNHUGS.COM



INGREDIENTS:

24 OZ PENNE RIGATE PASTA
¼ C BUTTER
¼ C WHITE WHOLE WHEAT FLOUR
4 C 1% MILK
1 T SALT
2 T HONEY MUSTARD
4 C SHARP CHEDDAR CHEESE, SHREDDED

24 OZ TUNA
2 T APPLE CIDER VINEGAR
2 T SUGAR
¾ C MAYONNAISE
2 LARGE CARROTS, CHOPPED
1 SMALL ONION, CHOPPED

DIRECTIONS:

COOK THE PASTA ACCORDING TO DIRECTIONS. DRAIN AND SET ASIDE. MIX TUNA, APPLE CIDER VINEGAR, SUGAR, AND MAYO. ADD TO THE COOKED PASTA AND MIX. IN A MEDIUM SAUCEPAN OVER MEDIUM HEAT, MELT THE BUTTER. ADD FLOUR AND COOK FOR 1 MINUTE STIRRING CONSTANTLY. ADD THE CARROTS, ONION, MILK, SALT, AND HONEY MUSTARD. COOK UNTIL MIXTURE BOILS AND THICKENS, STIRRING CONSTANTLY. STIR IN 3 C CHEDDAR CHEESE UNTIL MELTED. POUR INTO THE PASTA/TUNA MIXTURE AND STIR. POUR INTO GREASED 9X13 BAKING DISH AND SPRINKLE THE REMAINING 1 C CHEDDAR CHEESE ON TOP. BAKE 350F FOR 30-35 MINUTES OR UNTIL CHEESE IS BROWNED AND BUBBLING ON TOP.

TO FREEZE:

FREEZE UNBAKED IN THE 9X13 BAKING DISH. THAW OVERNIGHT AND BAKE ACCORDING TO DIRECTIONS. CAN BE DEEP FROZEN FOR 3 MONTHS.

MACROS PER SERVING: 445 CALS 50G NET CARBS 17G FAT 22G PROTEIN