



Tuna or Chicken Noodle Casserole

Ingredients

- 4 ounces (half of an 8-ounce box) quinoa or gluten-free macaroni (such as corn elbows)
- 2 tablespoons olive oil
- ½ onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 2 (14-ounce) cans chicken or vegetable broth, divided
- 3 small or 2 medium potatoes, cut into cubes
- 1 cup frozen peas, thawed in warm water
- 6 medium mushrooms, chopped
- 1 teaspoon salt
- 2 tablespoons cornstarch
- 2 (6-ounce) cans tuna or chicken, drained



Instructions

1. Preheat the oven to 350 F. Cook the quinoa or pasta according to the package directions.
2. In a large skillet, heat the oil. Add the onion, celery, and garlic, and sauté until clear. Add 1 ½ cans of the broth, and bring the mixture to a boil.
3. Microwave the potatoes for 3 minutes, then add to the broth mixture along with the peas and mushrooms. Sprinkle the mixture with the salt.
4. In a small bowl, mix the cornstarch with the remaining ½ can of broth and pour into the skillet. Cook until the mixture starts to bubble and thicken, then remove the pan from the heat.
5. Stir in the cooked, drained pasta and tuna or chicken. Transfer to a casserole dish and bake for 20 minutes.

Recipe Notes

Be sure to read labels — there can be soy in canned tuna or gluten-free pastas, and broths may contain wheat or gluten.

If onion and garlic are not well tolerated, they can be replaced with 3 shallots.