

### **Tuna Noodle Casserole** (gluten-free)

Preheat the oven to 350 degrees.

Bring a large pot of lightly salted water to a boil. Add and cook until just al dente (about 2/3 the time recommended on the package):

8 ounces gluten-free fusilli pasta (I used Bionature)

Drain the pasta, rinse in cold water, and set aside.

While the pasta is cooking heat over medium flame in a heavy skillet:

2 tablespoons olive oil

Add in:

1 ½ cups fresh mushrooms, sliced and coarse diced

1 small sweet onion, diced

3 celery stalks, sliced

Sauté until the vegetables are wilted and the liquid subsides...about 10 minutes.

Sprinkle over top and mix in with the vegetables:

¾ teaspoon celery seeds

1 teaspoon dry mustard powder

4 teaspoons sorghum flour.

Add, a quarter cup at a time, mixing in and letting it simmer to allow the liquid to begin to thicken:

1 cup chicken broth mixed with

½ cup hemp milk

Take the skillet off the heat when the liquid is thickened and reduced to about three quarters.

Add and mix through:

1 ½ cups shredded manchego or cheddar cheese

salt and pepper to taste

2 cans of solid white albacore tuna

Gently mix in the cooked fusilli pasta.

If the mixture is too thick you can add a tablespoon or two more of broth or water to loosen it.

Spoon everything into an ovenproof casserole dish and sprinkle the mixture with:

1/3 cup gluten-free breadcrumbs

¼ cup shredded manchego or cheddar cheese

Bake about 20-25 minutes until the casserole is bubbling and beginning to brown on top.