



# Ashley's Meal Prep Monday!



## Tuna Noodle Casserole

### INGREDIENTS

2 TBSP avocado oil  
1/2 red onion, chopped  
4 garlic cloves, minced  
1 1/2 cup mushrooms, diced  
1 TSP salt  
pepper to taste  
2 TSP dried thyme  
2 TSP dried parsley  
1 TSP onion powder  
1 TSP garlic powder  
1 TBSP dijon mustard  
1 cup almond milk  
1 cup chicken broth  
2 cups frozen broccoli  
1 cup frozen peas  
2 cans tuna  
1 package of pasta

Topping:  
DF shredded cheese  
and GF breadcrumbs



Over high heat in a large saucepan, add the oil to the pan with the onion, garlic and mushrooms. Saute for 3-5 minutes until the veggies are soft and fragrant. Add mixture to a blender with the broth, almond milk and spices. Blend until smooth and creamy.

Place mixture back on stovetop on med/high heat and add the frozen veggies and tuna, allowing them to simmer for 10 minutes. Add the mixture to a casserole dish and mix in the prepared pasta.

Top with cheese and breadcrumbs if desired and bake at 400 for 15-20 minutes until the top is golden brown. Serve and enjoy!

Recipe: [www.laushealthylife.com](http://www.laushealthylife.com)

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