

Classic Vegan Tu-Nah Casserole-Hot Dish

(Converted by Heidi Nelson)

The original childhood-favorite recipe goes something like this (hint: you're going to need this later...):

Divide the following items in half, and layer in a buttered, covered casserole dish in two rounds, sprinkling salt and pepper after each complete set (1-2-3-4, S&P, 1-2-3-4, S&P): **1) 10 oz pasta, 2) 1 can Tuna, 3) 1 can cream of mushroom soup, 4) 4 oz cubed cheese.** Top with **4 oz crushed potato chips** and bake covered at 350 degrees F for 20 minutes. Remove the cover and cook 10 minutes longer. Serve with **Paprika** if desired.

Now to spend a good deal more time and effort to get the same effect and taste without fish or dairy! Put on some tunes, pour a glass of wine if you like, and have at it.

1) 10 oz pasta

Good news! This is the same – 8 oz is fine if that's what you have on hand, no need to open a new package. You could also use Gluten Free pasta or some other grain, whatever you like – it's a ~~casserole~~ hot dish! Cook the pasta (or grain) according to package directions until al dente. Rinse (yes, rinse), and set aside. [you could also do this after # 3 if you're taking the fun options on the remaining ingredients]

2) Can of tuna

Quick and Dirty Option 1

Bake a 10oz bag of Gardein fish according to package directions, let cool and shred (or use another product)

More fun with Option 2 – Make your own Tu-Nah!

- 1 20 oz can young green Jackfruit (could probably use something else, whatever you're feeling)
- 1 sheet Nori
- 3 Tbsp Lemon Juice
- 2 Tbsp Vegan Fish sauce (optional but recommended)
- 2 Tbsp low sodium Tamari
- 3 Tbsp Water
- 1 Tsp freshly ground black pepper
- ½ Tsp salt
- 1 Tbsp Nutritional Yeast
- 1 Tbsp Neutral Oil (sunflower, etc)

Drain the can of jackfruit. Using your fingers, shred the contents into strings, removing seed pods. Rinse under warm water thoroughly, and let dry.

Shred nori sheet by hand roughly directly into a blender. Except for the oil, add the remaining ingredients and blend until nori is blended in. Add oil, pulse once, then pour into a bowl. Mix in shredded jackfruit, and let marinate as long as you can (2 hours is good, overnight is also ok), stirring it once in a while. Remove residual liquid when ready to use.

3) Can of Condensed Cream of Mushroom Soup

Quick and Dirty Option 1 – not really that much quicker

Find a vegan cream of mushroom soup (Pacific or Imagine foods may make one) and thicken it up. [one way to thicken it: heat 1.5 Tbsp neutral oil over medium heat in a sauce pan. Stir in 3 tbsp flour and cook 1-2 min, stirring constantly. SLOWLY add 2 ½ cups of soup, whisking constantly to avoid clumps. Cook 1-2 minutes and remove from heat.]

More fun with Option 2 – Make your own Concentrated Mushroom Soup (it's well-worth the effort)

- 1 Tbsp oil
- 1 large shallot or onion (1 c), finely diced
- 1 rib celery (1/2 c), finely diced
- 1 tsp garlic (1 cloved), finely minced
- 8 oz button mushrooms, roughly diced
- 1-2 Tbsp Sherry (optional)
- 1 tsp dried thyme
- ¼ tsp dried rosemary, crushed by hand
- 3 Tbsp flour
- 1 ½ - 2 c UNSWEETENED non-dairy milk at room temperature
- Salt and Pepper
- Pinch of Cayenne Pepper (optional)

Heat the oil over medium heat. Add the onion or shallot and sauté about 5 min, turning down heat if the start to brown unevenly. Add the garlic, celery, and a pinch of salt and sauté 3 minutes more. Add the mushrooms, sherry, thyme, and rosemary and cook the mushrooms down until the moisture is mostly gone. Add the flour and mix in thoroughly. Cook 1 min, stirring constantly.

SLOWLY add in the non-dairy milk, stirring constantly to mix in gradually and avoid lumps. Simmer on low for ~10min, stirring occasionally. Add salt and pepper to taste, and cayenne if desired. Add more non-dairy milk if too thick (unlikely), cook a bit longer to thicken more. Remove from heat.

4) 4 oz cubed cheeze

Quick and Dirty Option 1

Buy your favorite vegan cheese and dice it. Daiya smoked gouda is good here, as is anything VioLife, Chio or Follow your Heart also work. Ideally use something that melts.

More fun with Option 2 – Make your own vegan cheeze!

Eh, just Google how to do this. Good recipes are increasingly available, just like store bought options are improving. Fair warning, this hobby can take over your life...

5) 4 oz potato chips – just putting this here so you just don't forget to buy them like I usually do.

BAKE IT!

Remember the top paragraph that waxed a bit nostalgic? Assemble and Bake in the same way 😊