Tuna Noodle Casserole

Ingredients:
1 onion
2 sticks celery
1 Tablespoon oil (I prefer canola or olive)
1 clove garlic (optional)
1 Tablespoon flour
1 bouillon cube
2 cups water
Half of a 12oz package of whole wheat egg noodles
1 can chunk light tuna, DRAINED
1 cup parmesan cheese (freshly shredded is best, but the powder kind works)

Makes: enough for 2 adults and 4 children

Directions.
1. Cut onion and celery into ¼ inch pieces
2. Heat 1 Tablespoon canola or olive oil in a pan over high heat
3. Add onion and celery
4. Turn down the heat to medium
5. Cook the onion and celery for 5 minutes until the onion is see through. Don't let it get brown. If it is getting brown before it is soft and see through, turn down the heat.
6. If you are using garlic, add it in the last 30 seconds of cooking time.
7. After 5 minutes, sprinkle 1 tablespoon white flour evenly over the onion/celery. Stir until the onion and celery are completely coated with the flour.
8. Pour in milk while stirring constantly. If you have a whisk, whisk the flour into the mixture.
9. Pour in water while stirring constantly.
10. Add bouillon cube (or 1 teaspoon loose bouillon).
11. Add drained tuna.
12. Add *HALF of the package of noodles (you need about 3 ½ cups of egg noodles)*
13. Turn heat to high and bring mixture to a boil. Stir constantly until it comes to a boil.
14. Turn head down to medium low and let it simmer. Stir every 2 minutes. Cook for a total of 7 minutes, or until the sauce is just starting to thicken.
15. Stir in 1 cup parmesan cheese. Sprinkle with black pepper to your liking and stir it in.
16. You can continue to cook over the stove until the sauce is thickened to your liking. I like mine kind of thin.
17. Once it's finished, crush a sleeve of ritz crackers on top and serve with a side of vegetables and fruit.
18. Some people like to stir frozen peas into their noodles. I like my peas separate. If you want peas in your noodles, add them when you add the parmesan cheese.