



# Easy Tuna Mornay Recipe for Family Dinner

## A Cozy Dish for Busy Nights

I have made Tuna Mornay for years. It is my go-to dinner on a busy weeknight. It feels like a warm hug in a baking dish. My grandkids always ask for seconds.

This recipe matters because it brings everyone to the table. A happy family dinner is a small, wonderful thing. It is about sharing food and stories. What is your family's favorite busy-night meal?

## The Secret is in the Sauce

Do not let the word "Mornay" scare you. It is just a fancy name for a

cheesy sauce. You melt butter, stir in flour, and then whisk in milk. Watching it thicken up is like magic.

I remember teaching my daughter how to make this sauce. We had a few lumpy tries at first! I still laugh at that. Now she makes it perfectly for her own family. \*Fun fact: The name “Mornay” comes from a French duke who loved cheese sauce!\*

## Making It Your Own

The best part of this recipe is how flexible it is. Do not have peas? Use chopped broccoli. You can swap the tuna for canned chicken, too. It will still be delicious.

This matters because cooking should be fun, not stressful. You are the boss of your own kitchen. What is one ingredient you would love to add to this dish? Tell me about it.

## The Best Part is the Topping

Do not skip the extra parmesan on top. It bakes into a golden, crispy crust. That first spoonful with the crunchy top and creamy middle is the best. Doesn’t that smell amazing when it comes out of the oven?

Letting it sit for five minutes is important. This helps it set so you get perfect servings. It is a small step that makes a big difference. I am always so proud when it comes out just right.

## A Little Story From My Kitchen

One rainy Tuesday, my grandson Leo helped me make this. He was in charge of stirring the cheese into the sauce. He was so careful and so

proud. We talked about his day at school.

That is why this recipe matters. It is more than just food. It is a chance to connect and make memories. Do you have a favorite cooking memory with someone you love?



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**Ingredients:**

Ingredient	Amount	Notes
Pasta (e.g., elbow macaroni)	1 pound	
Butter	1/4 cup	
Onion	1 small, finely diced	
All-purpose flour	1/4 cup	
Milk	4 cups	
Shredded cheddar cheese	2 cups	
Grated parmesan cheese	1/2 cup	Plus more for topping
Salt and pepper	to taste	
Canned tuna	2 (5-ounce) cans, drained	
Corn	1 (15-ounce) can, drained	
Frozen peas	1 cup	



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## Easy Tuna Mornay for a Cozy Night In

Hello, my dear. Come sit with me for a moment. I want to share a recipe from my old blue recipe box. This Tuna Mornay is pure comfort food. It always reminds me of rainy evenings with my family. The smell of cheese and pasta baking is just wonderful. It makes the whole house feel warm and loved.

See also [Apple Cheesecake with Caramel Sauce](#)

It's a simple dish, perfect for a young cook like you. We'll make a creamy cheese sauce from scratch. Don't let that scare you. I will walk you through every step. I still laugh at my first time. I had a few lumps in my sauce. We all start somewhere, my dear.

- **Step 1:** First, turn your oven on to 375°F. Grease your baking dish well. I use a bit of butter on a paper towel. This little task always makes me feel like a proper baker. It's how my own grandmother taught me.
- **Step 2:** Now, cook your pasta just like the package says. You want it to be just tender, not too soft. We call that 'al dente'. Drain all the hot water away. Be careful, the steam can surprise you.
- **Step 3:** Melt your butter in a big pot. Toss in the chopped onion. Let it cook until it smells sweet and looks soft. (A hard-learned tip: don't walk away from the onions. They can burn so quickly!). Doesn't that smell amazing?
- **Step 4:** Sprinkle the flour right over the buttery onions. Stir it all together for a minute. This cooks the flour taste out. It's the secret start to a good, thick sauce.
- **Step 5:** Here is the fun part. Slowly pour in the milk while you whisk. Keep stirring until the sauce gets thick. You will see little

bubbles pop on the surface. That's your sign it's ready.

- **Step 6:** Turn the heat down low. Stir in all that lovely cheddar and parmesan cheese. Watch it melt into a smooth, cheesy dream. This golden sauce is called a Mornay. Fancy name for something so cozy, isn't it?
- **Step 7:** Add a good pinch of salt and pepper. Taste it with a clean spoon. What do you think? Does it need a little more flavor? Cooking is all about what you like best.
- **Step 8:** Now, mix in your drained pasta, tuna, corn, and peas. I love the pop of color from the peas. Stir everything gently until it's all friends in that cheesy coat. **What other veggie would you add? Share below!**
- **Step 9:** Pour your mixture into the waiting baking dish. Spread it out nicely so it bakes evenly. It always looks so cheerful with all the colors peeking through.
- **Step 10:** Sprinkle a little extra parmesan over the top. This makes the most wonderful golden crust. It's my favorite part, to be honest.
- **Step 11:** Bake it for about 25 minutes. You'll know it's done when the top is golden and it's bubbly. I love watching it through the oven window. It's like a little food show just for me.
- **Step 12:** Take it out and let it sit for five minutes. This is the hardest part, waiting. But it lets everything settle. Then you can dig into the best, coziest dinner.

See also Mustard Brown Sugar Glazed Baked Ham

**Cook Time:** 20-25 minutes

**Total Time:** 50 minutes

**Yield:** 6 servings

**Category:** Dinner, Casserole

## Let's Get Creative With Your Mornay

The best part about cooking is making a recipe your own. You don't always have to follow it exactly. This Tuna Mornay is a wonderful blank canvas. Here are a few fun twists I've tried over the years.

- **The Veggie Lover:** Swap the tuna for a can of drained chickpeas. Add some chopped broccoli too. It's so hearty and good.
- **A Little Spice:** Mix in a teaspoon of paprika with the flour. You could even add a dash of hot sauce to the cheese sauce. It gives it a lovely warm feeling.
- **Summer Garden:** Use fresh, chopped zucchini and cherry tomatoes instead of corn and peas. It tastes like sunshine on a plate.

**Which one would you try first? Comment below!**

## Serving Your Masterpiece

Now, let's talk about what to serve with your beautiful Tuna Mornay. A simple green salad with a light dressing is perfect. The crispness cuts through the rich, cheesy pasta so nicely. Some buttery garlic bread is never a wrong choice either. It's perfect for scooping up every last bit.

For a drink, a cold glass of apple cider is wonderful. The sweet tang goes so well with the cheese. For the grown-ups, a crisp glass of Chardonnay is a classic pairing. It feels a little fancy for a weeknight.

**Which would you choose tonight?** A crisp salad or the garlic bread? I know which one my grandson always picks!



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### Keeping Your Tuna Mornay Tasty for Later

Let's talk about storing this lovely dish. Cool it completely first. Then, cover the baking dish tightly. It will keep in the fridge for three days. You can also freeze it for up to three months. Just wrap it well in foil.

I remember my first time making a double batch. I was so proud of my foresight. Having a ready-made meal in the freezer is a lifesaver. It means a good dinner is always close by. This matters on busy days when you are tired.

To reheat, thaw it in the fridge if frozen. Then, warm it in the oven until bubbly. You can reheat single servings in the microwave. Add a splash of milk to keep it creamy. Have you ever tried storing it this way? Share below!

### Fixing Common Tuna Mornay Troubles

Sometimes, our sauce can get lumpy. Do not worry. Just keep whisking as you add the milk. A good whisk is your best friend here. I once rushed this step and had a lumpy mess. Patience makes a smooth sauce.

If your sauce is too thin, let it cook a bit longer. It will thicken up. If it is too thick, add a little more milk. Getting the sauce right builds your cooking confidence. A perfect sauce makes the whole dish taste better.

Your casserole might look a bit pale. For a golden top, bake it until you see bubbles. You can also broil it for one minute at the end. This gives it a lovely, toasted color. Which of these problems have you run into before?

See also Quick Naan Flatbread Pizza Recipe

## Your Tuna Mornay Questions, Answered

**Q: Can I make this gluten-free?** A: Yes! Use your favorite gluten-free pasta and flour. It works just as well.

**Q: Can I make it ahead?** A: Absolutely. Assemble it, cover, and refrigerate. Just add a few extra minutes to the baking time.

**Q: What other veggies can I use?** A: Try chopped broccoli or diced carrots. Use what your family likes best.

**Q: Can I make a smaller portion?** A: Of course. Just cut all the ingredients in half. Use a smaller baking dish.

**Q: Any extra tips?** A: A sprinkle of breadcrumbs on top adds a nice crunch. Fun fact: The word Mornay just means a cheese sauce! Which tip will you try first?

## From My Kitchen to Yours

I hope this recipe becomes a favorite in your home. It is simple, comforting, and filled with goodness. Cooking for your family is an act of love. Every meal shared creates a sweet memory.

I would love to see your creation. Have you tried this recipe? Tag us on Pinterest! Show me your golden, bubbly Tuna Mornay. It makes my day to see your kitchen successes.

Happy cooking! —Elowen Thorn.

You need to try this!



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# Easy Tuna Mornay Recipe for Family Dinner

Author: Elowen Thorn

Cooking Method:[Stovetop Baking](#)

Cuisine:[American](#)



## Easy Tuna Mornay Recipe for Family Dinner | 20

Courses: [Dinner Main](#)

Difficulty: **Beginner**

Prep time: **15 minutes**

Cook time: **45 minutes**



## Easy Tuna Mornay Recipe for Family Dinner | 24

Rest time: **5 minutes**



## Easy Tuna Mornay Recipe for Family Dinner | 25

Total time: **1 hour 5 minutes**

**Servings: 8 servings**



Calories: **520 kcal**

Best Season:**Summer**

## **Description**

A comforting and cheesy pasta bake perfect for a quick and satisfying

family dinner.

## Ingredients

- 1 pound pasta, such as elbow macaroni or penne
- 1/4 cup butter
- 1 small onion, finely diced
- 1/4 cup all-purpose flour
- 4 cups milk
- 2 cups shredded cheddar cheese
- 1/2 cup grated parmesan cheese, plus more for topping
- Salt and pepper, to taste
- 2 (5-ounce) cans tuna, drained
- 1 (15-ounce) can corn, drained
- 1 cup frozen peas

## Instructions

1. Preheat oven to 375°F (190°C). Grease a 9×13-inch baking dish.
2. Cook the pasta according to package directions until al dente. Drain and set aside.
3. In a large saucepan or Dutch oven, melt the butter over medium heat. Add the onion and cook until softened, about 5 minutes.
4. Whisk in the flour and cook for 1 minute, stirring constantly.
5. Gradually whisk in the milk, ensuring no lumps form. Continue cooking and stirring until the sauce thickens and begins to bubble.
6. Reduce the heat to low. Stir in the shredded cheddar cheese and grated parmesan cheese until melted and smooth. This creates the Mornay sauce.
7. Season the sauce with salt and pepper to taste.
8. Add the drained pasta, canned tuna, corn, and peas to the cheese

sauce. Stir until everything is well combined.

9. Pour the mixture into the prepared baking dish.
10. Sprinkle the top with the additional parmesan cheese.
11. Bake for 20-25 minutes, or until the top is golden brown and the casserole is bubbly.
12. Let it stand for 5 minutes before serving.

## Notes

For a crispier top, broil for the last 1-2 minutes of baking. You can substitute the vegetables with other favorites like chopped broccoli or green beans.

Keywords:Tuna, Pasta, Casserole, Cheese, Mornay, Family Dinner