

# Cauliflower Mac 'n Cheese (Tuna-Noodle Casserole)

Makes about 8 servings

*\*This has been modified from Autumn's original recipe to be a "tuna 'noodle' casserole, but you can leave out the items with the \* for just Mac n Cheese*



*Pictured is a half recipe with the tuna added*

## INGREDIENTS

1 head cauliflower, or 2 12-oz bags fresh or frozen cauliflower florets  
1 carton chicken stock (not broth)  
2 8-oz blocks cheese, either sharp cheddar + cheddar jack, as long as 1 is cheddar  
*\*2 oz. Original cream cheese (not low-fat)*  
½ cup heavy whipping cream  
3 TBSP Dijon mustard  
Red pepper flakes (optional)  
8-10 slices bacon (pre-cooked is fine), cooked crispy and crumbled  
*\*At least 2 cans tuna in olive oil, drained and broken into small pieces, more if you like*

## DIRECTIONS

Preheat oven to 350.

Place cauliflower into boiling chicken stock and let boil for about 15 mins or until tender.

Heat ½ cup heavy cream and add in ¾ of the shredded cheeses (*\*plus the cream cheese* if you are making the tuna version) and stir until melted down. After it's melted, add in the 3 TBSP Dijon mustard and optional red pepper flakes (to your taste).

Drain cauliflower (you can jar up that stock to re-use for your next batch!) and stir into the melted cheese. Add in the *\*tuna* and bacon at this point or, as we prefer, put the crumbled bacon on top of the casserole, then top with the remaining shredded cheddar. Place in 8 X 8 pan. (Since we add in the tuna and cream cheese, our half-batch size will fill that 8 X 8. So if you're making this full recipe and add in the tuna, you may need an oblong cake pan)

Bake about 20-28 minutes. (I turn on the broiler the last few minutes to brown up the cheese topping a bit).