Artichoke & Tuna Penne

Amount 1 casserole
Time 40 min

Ingredients

- 1 can tuna in oil
- 1 jar of artichoke hearts packed in oil, about 12-16 ounces
- 1 can chicken broth, 14.5 ounces
- 1 lb pasta, such as a box of ziti or penne
- 1 medium onion
- 2 cloves garlic
- 2 tbsp lemon juice
- 1/4 cup dry vermouth or other white wine
- 2 tbsp olive oil
- salt
- pepper

Steps

1. Boil 4-5 quarts of water in a large pot, for the pasta. Cook the pasta al dente.
2. Chop or dice the onion, according to your preference, as well as the garlic.
3. In a large frying pan, heat the olive oil. Add the onion and saute until it begins to soften.
4. Add the garlic and the artichoke hearts. Just add the hearts, and set the oil aside, you'll want to add some of the oil later if the pan begins to dry out. Cook for about 5 minutes, until the artichoke has begun to break up.
5. Add the can of tuna, breaking it up into smaller flakes, then cook for couple of minutes, but don't let it dry out (here's where you can add the oil from the bottle of artichoke hearts.
6. Add the white wine, stir, and then the can of chicken broth, then the lemon juice. Cook until about half the liquid is gone.
7. Drain the pasta, then add it to the pan, and mix the ingredients until the pasta is well coated with the rest of the ingredients. The sauce will be thin, and the pasta will carry some water with it, thinning out the sauce a bit, so if you like it a bit thicker, as I sometimes do, add a tablespoon of cornstarch before adding the pasta.
8. Serve with a sprinkle of nutmeg, or some parmesan cheese.

Notes

For variety, add either sundried tomatoes or zucchini.