Instant Pot Tuna Noodle Casserole

- [ ] 4 (5-ounce) cans solid white or chunk light tuna in water
- [ ] 8 ounces whole wheat egg noodles
- [ ] 2 cups frozen peas
- [ ] 3 large carrots
- [ ] 2 garlic cloves
- [ ] 2 cups fat-free chicken broth
- [ ] 2 cups fat-free half and half
- [ ] 2 tablespoons Land O'Lakes Light Whipped Butter
- [ ] 1/4 cup all-purpose flour
- [ ] 2 tablespoons fresh lemon juice
- [ ] 1 teaspoon salt
- [ ] 1 teaspoon black pepper
- [ ] Butter-flavored cooking spray