



Stovetop Tuna Casserole



Adapted from (*Foodhero.org*)

Ingredients



- 1 can (5 ounces) tuna in water, drained
- 1 teaspoon chicken bouillon
- 1 can (10.5 ounces) low sodium condensed cream of chicken soup
- 8 ounces egg noodles
- 2 cups frozen peas
- 1/2 teaspoon onion powder
- 1 tablespoon prepared mustard
- 1/3 cup nonfat or 1% milk
- 1/3 teaspoon pepper



Directions



Yield: 7 Serving size: 1 cup

Total cost: \$ 4.47 Serving cost: \$ 0.64

1. Cook noodles using package directions. Add peas for last three minutes. Drain and set aside
2. Mix remaining ingredients in a small bowl. Add drained noodles, and stir well.
3. Cook on low heat, stirring often, until heated through. Serve warm
4. Refrigerate leftovers within 2 hours

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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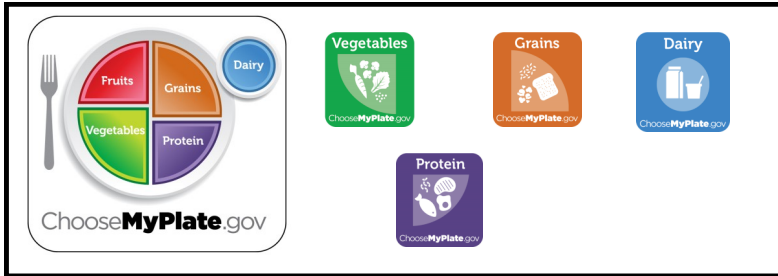
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Fast Facts



Featured Food Groups



Cooking Tips



- Add cheese on top!
- Try putting in other vegetables that you like
- Cream of Mushroom or Cream of chicken Mushroom soup can be used
- Try whole wheat egg noodles
- Reheat the casserole in microwave before serving if it has cooled.

Nutrition Facts	
Serving Size 1 cup (155g)	
Servings Per Container 7	
Amount Per Serving	
Calories 220	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	20%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 11g	
Vitamin A 20%	Vitamin C 10%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

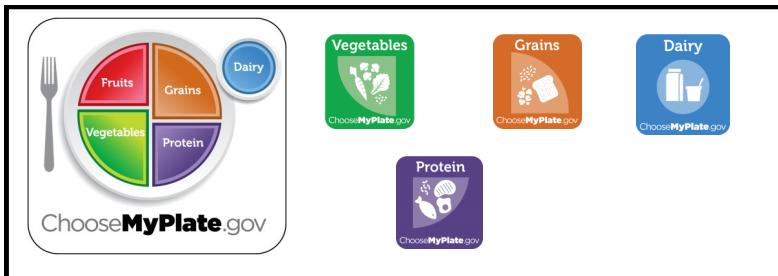
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