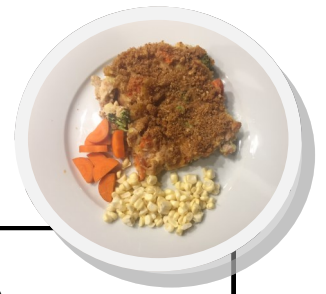




Tuna Fish Casserole with Homemade Cream of Mushroom Soup



Ingredients

- 2 cups uncooked noodles
- 3 1/2 cups of veggies (broccoli, cauliflower, carrots)
- 1 cup whole milk
- 2 cloves garlic, minced
- 2 cans (4 1/2 oz.) of low-sodium chunk tuna, drained and flaked
- 1 cup shredded cheese
- 1/4 cup melted butter
- 3/4 cup bread crumbs
- Salt and pepper to taste
- **Homemade Cream of Mushroom Soup (ingredients below)**
 - 3 Tbsp. unsalted butter
 - 1 small shallot, minced (about a 1/4 cup)
 - 1/2 cup minced cremini mushrooms
 - 2 1/2 Tbsp. all-purpose flour
 - 1/2 cup vegetable broth, low sodium
 - 1/2 cup whole milk

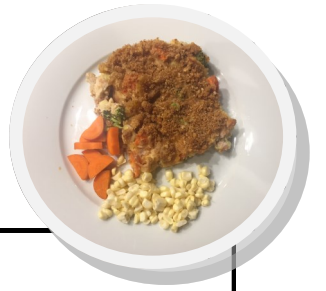
Directions

1. Cook noodles according to package directions; drain and set aside.
2. While noodles are cooking, in a 10" skillet melt 3 Tbsp. butter over medium heat. Once melted add in minced shallot, stir to coat in the butter and sauté until just soft, about 3-5 minutes.
3. Add in minced mushrooms, stir and cook for 2-3 minutes.
4. Sprinkle with 2 1/2 Tbsp. flour, and allow flour to cook for about 1-2 minutes. Whisk in 1/2 cup milk and vegetable broth until smooth.
5. Bring to a simmer and cook until it has thickened, about 5-8 minutes, once thickened add remaining 1 cup of milk.
6. Meanwhile, toss bread crumbs with 1/4 cup melted butter; set aside.
7. Mix all remaining ingredients together then place in casserole dish, top with bread crumbs. Bake, uncovered at 350 degrees for 25-30 minutes or until tuna mixture is bubbly and bread crumbs are golden.

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Fast Facts



This Recipe Provides



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Cooking Tips



- Noodles of your choice, veggie or whole-wheat bow-tie, rotini, or egg noodle
- Can substitute low-fat or 2% milk for the whole milk
- Use tuna packed in water not oil
- You can make your own bread crumbs by using a blender or processor to blend up slices of bread
- Variation of ingredients will adjust the nutrition facts

Nutrition Facts



Nutrition Facts	
6 servings per container	
Serving size	1 1/2 cup
Amount Per Serving	
Calories	410
<small>% Daily Value*</small>	
Total Fat 18g	23%
Saturated Fat 10g	50%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 60mg	20%
Sodium 440mg	19%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 1g Added Sugars	2%
Sugar Alcohol 0g	
Protein 22g	44%
Vitamin D 2mcg	10%
Calcium 281mg	20%
Iron 3mg	15%
Potassium 506mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Fast Facts

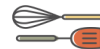


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