RECIPE

Stovetop Tuna Casserole

Try this hearty and healthy meal that the entire family will love!

Makes: 7 servings

Prep Time: 10 mins
Cook Time 10 Minutes

Source: https://foodhero.org/recipes/stovetop-tuna-casserole

Small Changes, BIG Difference!

Ingredients

- 1/8 teaspoon pepper
- 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 (4 1/2 cups dry)
- 2 cups frozen peas
- 1/2 teaspoon onion powder
- 1 Tablespoon prepared mustard
- 1/3 cup nonfat or 1% milk

Directions

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

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	220
Total Fat:	4.5 g
Saturated Fat:	1.5 g
Cholesterol:	35 mg
Sodium:	480 mg
Total Carbohydrates:	33 g
Dietary Fiber:	3 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	11 g

Utensils Needed

- Saucepan
- Spoon
- Strainer/Colander
- Measuring cups and spoons
- Can opener
- Bowl

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SAVE TIME. SAVE MONEY. EAT HEALTHY.

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