



Tuna Casserole

Prep Time: 20 minutes

Cook Time: 30 minutes

Cost per serving: \$0.84

What you need:

Utensils:

- Cutting board & knife
- Can opener
- Large saucepan
- Large skillet
- Measuring cups & spoons
- Mixing spoon

Ingredients:

- 2 cups 100% whole wheat elbow macaroni, uncooked
- ½ cup onion, chopped
- 1 cup low-fat milk
- 1½ cup low-fat cheddar cheese, shredded
- 1 10-ounce can low sodium cream of mushroom soup
- ¼ teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 6-ounce can tuna in water, drained
- 1 cup celery, chopped
- 1 cup peas and carrot mixture, frozen

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Prepare pasta according to package, drain water and set aside.
4. Wash and chop vegetables as needed.
5. In a large non-stick skillet, sauté onion for several minutes.
6. Add milk, cheese, soup, garlic powder, and black pepper to skillet; mix until cheese is completely melted.
7. Lower heat to low and add tuna, macaroni, celery and peas and carrots mixture to skillet. Mix well and cook on low for 5 minutes.
8. Serve immediately.



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Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 260	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 350mg	15%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 19g	
Vitamin A 40%	Vitamin C 4%
Calcium 50%	Iron 8%
Fat 9 • Carbohyd	