

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>

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.



Small Changes,
BIG Difference!



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

SHOPPING LIST

Average total cost : \$7.63

Average cost per serving: \$1.09

Recipe Makes: 7 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Tuna Canned in Water, 5 oz



Add 1 to Cart
Chicken Bouillon



Add 1 to Cart
Low Sodium Cream of Chicken
Soup, 10.5oz can



Add 1 to Cart
Egg Noodles, 16oz bag



Add 1 to Cart
Frozen Peas, 12 oz



Add 1 to Cart
1% Low-fat Milk, 1/2 Gallon

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- To cut costs, use whatever veggies are in season or on sale. Or, use thawed frozen or canned veggies. Be sure to rinse any canned veggies and pat them dry before using.
- Cream of Mushroom or Cream of Chicken Mushroom soup can be substituted for Cream of Chicken.
- Try whole wheat egg noodles.
- Reheat the casserole in the microwave if it has cooled before serving.