TUNA NOODLE CASSEROLE

COOK TIME: 25 min

SERVINGS: 4-5

INGREDIENTS

- 12 oz egg noodles or other pasta
- 2 cans (5 oz each) tuna, drained
- 2 cans (10.5 oz) cream of mushroom or cream of chicken soup
- ½ cup milk
- 1-2 cups frozen or canned peas, drained
- 1 tbsp garlic powder
- 1 tsp black pepper
- ½ cup crushed crackers or breadcrumbs, optional

PREPARATION

1. Preheat oven to 375. Cook pasta according to package directions.
2. In a large bowl, combine the soup, milk, garlic powder and pepper. Stir in the tuna, peas and cooked pasta.
3. Transfer to a greased baking dish. Sprinkle with crushed crackers or breadcrumbs, if using.
4. Bake at 375°F for 20–25 minutes, until hot and bubbly.



NUTRITION NOTES

If peas are not avaiable, use green beans, corn or mixed veggies. The tuna can be substituted for canned chicken and any variety of pasta can be used!