



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Tuna Noodle Hotdish

Recipe adapted from University of Minnesota Extension

Ingredients:

10-ounce can cream of mushroom soup
½ cup milk
cups cooked noodles
5-ounce can tuna
1 cup frozen peas
½ cup chopped onion or 2 teaspoons
onion powder
½ tablespoon black pepper
1 to 2 cups crushed saltines or
breadcrumbs

Directions:

Time needed: 10 minutes of preparation,
2 hours of cook time

- 1.Heat the oven to 350 degrees.
- 2.In a large bowl, blend soup and milk, and add pepper and onion.
- 3.Stir in the tuna, vegetables, and cooked noodles.
- 4.Pour the mixture into a 1 ½-quart casserole dish and sprinkle with crushed saltines.
- 5.Bake for 30 minutes.
- 6.Serve at once. Refrigerate leftovers.

SERVES

4