

Tuna Noodle Hotdish

Recipe adapted from University of Minnesota Extension

Fresh Produce

- 1 onion

Pantry Staples

- Pepper
- Onion powder

Meat and dairy

- 1/2-gallon low-fat milk

Frozen foods

- 12 oz Frozen peas

Canned and dry goods

Soup:

- 1 10.5-ounce can cream of mushroom soup

Meat:

- 1 5-ounce can of tuna

Cereal, pasta and grains

- 1 15-ounce canister bread crumbs
- 1 pound elbow macaroni