

Tuna Noodle Casserole



1. In a pot of boiling water, add:

dry rotini noodles (or any pasta) 1½ cups

Cook for about 10 minutes or until tender but firm. Drain and set aside.

2. In a medium size casserole dish combine:

Tuna (light chunk), drained 1 can (170 g)

mushroom soup (condensed) 1 can (284 mL)

3. Stir all ingredients together, add:

rotini noodles, cooked

green peas and carrots (drained) 1 can (14 oz or 284 mL)

(or 1 cup of frozen green peas and carrots)

4. Bake for 15 - 20 minutes at 350°F.

Tip: for a vegetarian option use 1 can of chick peas instead of tuna.

Serves 6