

Tuna Casserole

Prep Time: 5 mins

Cook Time: 30 mins

Ingredients

1.5 package (24 oz) Wide Egg Noodles (all size meal plans)
1 medium Yellow Onion
1 Cup Mushrooms
2 Cups Low Sodium Swiss Cheese
1 Cup Frozen Green Peas
2 x 5 oz Canned Tuna
2 x 10.5 oz Low Sodium Cream of Mushroom Soup
1 Cup Breadcrumbs or Panko Crumbs

Makes 6 Servings

Nutrition Information

For 1 ½ cups and ½ cup extra noodles:

- Protein: 28 g
- Calories: 487 kCal
- Sodium: 102 mg

Instructions

1. Finely chop the yellow onion and slice the mushrooms.
2. Grate the Swiss cheese.
3. Add the ingredients to a large bowl and set them aside.
4. Follow the instructions on the package of egg noodles.
5. Pour the saucepot content into the strainer and shake to remove the excess water.
6. Add the remaining ingredients and the pasta to the bowl except for the breadcrumbs.
7. With a spatula, stir the mixture well until thoroughly combined.
8. Transfer this to a casserole dish.
9. Cover the top with breadcrumbs and then pop it into the oven for 15-20 minutes.
10. Serve.