

Tuna Mac

A quick and easy stovetop casserole!

6 servings

Ingredients:

- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 1/2 cups water
- 3 cups uncooked small elbow macaroni
- 1 can (10 3/4 ounces) cream of mushroom soup
- 1 cup low fat milk
- 1 can (6 ounces) solid-pack tuna, drained
- 1/2 cup shredded Cheddar cheese (more if you like it real cheesy!)

Directions:

1. In a large skillet or pan, heat broth and water to boiling. Add macaroni, reduce heat, and cook until macaroni is tender, about 8 to 10 minutes. Do not drain.
2. Stir in soup, milk, tuna and cheese. Heat through.

Nutrition Facts: One 1 cup serving provides 350 calories, 9g total fat, 20mg cholesterol, 570mg sodium, 46g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Tuna Mac
Peas
Applesauce
Low Fat Milk

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