

## **Quick and Easy Tuna Noodles**

Servings: 4

6 ounces whole-wheat noodles

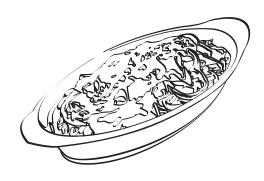
10.75-ounce can 98 percent fat-free condensed cream of mushroom soup

1¼ cups water

6-ounce can water-packed tuna, drained ½ cup skim or low-fat milk

- 16-ounce can or package frozen mixed vegetables
- 1. Wash hands and surfaces.
- 2. In a large skillet, combine noodles, soup or soup mix, water and tuna.
- 3. Bring mixture to a boil, then reduce heat to low. Simmer 10 to 15 minutes or until the noodles are tender. You may need to add a little more water during cooking.

- 4. Add milk and vegetables. Heat thoroughly and serve while warm.
- 5. Refrigerate leftovers immediately.



<b>Nutrition F</b>	
4 servings per container Serving size	(306g)
Amount per serving Calories	310
	Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 720mg	31%
Total Carbohydrate 49g	18%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 118mg	10%
Iron 3mg	15%
Potassium 998mg	20%

## **Helpful Tips**

- Choose low-sodium cream of mushroom soup.
- Add leftover or fresh, local veggies. Go online to find a farmers market at seasonalandsimple.info or other Missouri local foods at showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance

day is used for general nutrition advice