



## 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.



## Nutrition Facts

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%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## 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](http://seasonalandsimple.info) or other Missouri local foods at [showmefood.org](http://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](http://mydss.mo.gov/food-assistance)