

PANTRY TUNA NOODLE CASSEROLE

Creamy, comforting, and made entirely from shelf-stable ingredients.

Serves: 4–6

Prep Time: 10 minutes

Cook Time: 25–30 minutes

Ingredients:

- 1 can (5–7 oz) canned tuna, drained
- 2 cups uncooked pasta (rotini, penne, or spaghetti)
- 1 can cream of mushroom soup
- ½ cup shelf-stable 1% milk
- 1 can sweet peas or mixed vegetables, drained
- ½ packet onion soup and dip mix (optional)
- Salt and pepper to taste
- 1 cup corn flakes (optional, for topping)
- 1–2 tbsp peanut butter (optional, adds creaminess and protein)



Instructions:

1. Preheat oven to 375°F (190°C).
(If no oven is available, this can be made stovetop in a large skillet or pot.)
2. Cook pasta according to package directions until just tender. Drain and set aside.
3. In a large mixing bowl, combine:
 - Cream of mushroom soup
 - Shelf-stable milk
 - Drained tuna
 - Drained peas or mixed vegetables
 - Onion soup mix (if using)
 - Salt and pepper
4. Fold in cooked pasta until well mixed.
5. Transfer mixture to a greased 8x8 baking dish (or similar size).
6. Top with crushed corn flakes for a crunchy finish (optional but recommended).
7. Bake uncovered for 25–30 minutes, until bubbly and golden on top.

Serving Suggestions:

- Pair with corn muffins or brown rice to stretch the meal.
- Leftovers can be reheated or turned into tuna melt wraps using pancake mix flatbread.