



# SFC's Meal Guide: Tuna Casserole

**This is a quick and simple meal full of protein, veggies, and healthy fats. It's made with all shelf stable ingredients!**



**Ingredients:**  
1 package of noodles  
2 cups of peas (or veggie of your choice)  
2 cans of condensed cream of mushroom soup  
2 cans of tuna  
1 tbsp granulated onion  
ground pepper to taste  
10 slices of american cheese (optional)

**Items Youll Need:**  
Can Opener  
Mixing Spoon  
Pot for boiling water  
Stovetop/Burner  
Plate  
Colander  
Serving Plates

## Directions:

1. Bring a large pot of water to a boil. While the water is heating up, you can open and drain the water from your cans of tuna and peas.
2. Add your package of noodles, reduce heat and let simmer for 8-10 minutes, or until noodles are cooked to your liking.
3. Drain noodles in the colander, then return them to the pot.
4. Add mushroom soup, tuna, granulated onion and peas into the pot of noodles. Stir all ingredients together until well mixed and if using cheese stir until cheese is melted. Add ground pepper to taste.
5. Serve and Enjoy!