

Tuna Pasta Casserole

This hearty pasta dish uses pantry staples such as canned tuna and cream soup along with fresh veggies to make a dish full of protein and flavor.

Makes: 6 servings

Ingredients

- 12 ounces pasta shells, or other pasta shape
- ½ tablespoon oil
- ½ cup chopped onion
- ½ cup chopped green pepper
- 1 can reduced sodium cream of mushroom soup (10.75 ounces; or cream of celery or chicken)
- 1 can low sodium diced tomatoes?(14.5 ounces)
- 2 cans water packed tuna?(5 ounces each)
- shredded cheese?(optional)
- chopped parsley (optional)



Directions

1. Preheat oven to 350°F.
2. Cook pasta according to package directions and drain.
3. In a large skillet or pot, cook onion and peppers in oil.
4. Add cream soup, diced tomatoes, and tuna to onion and peppers.
5. Mix with pasta. Put in baking dish.

6. Bake for 25 minutes until bubbly.
7. Top with cheese and parsley if desired and return to oven for 5 minutes to melt.

Recipe from: *Simple Healthy Recipes*, Oklahoma Nutrition Information and Education, ONIE Project, adapted by the USDA Food and Nutrition Administration.

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