

# Quick Tuna Casserole

**Makes:** 6 Servings

Use ready-to-eat Cream of Mushroom soup to make this old favorite. We used reduced sodium soup.

## Ingredients

**4 cups** water  
**5 ounces** egg noodles  
**10 ounces** cream of mushroom soup  
**1/3 cup** skim milk  
**1 can** tuna  
**1 cup** green peas (frozen)  
**1 cup** breadcrumbs

## Directions

1. Preheat oven to 350 degrees.
2. Bring 1 quart of water to a boil in a large pot and cook the egg noodles in the water for 2 minutes.
3. Then, cover the pot, remove from heat and let stand for 10 minutes.
4. In the meantime, mix the soup and milk together in a bowl.
5. Combine tuna and peas with the mixture and pour into a 1-quart casserole dish.
6. Drain the noodles well and combine with the tuna mixture.
7. Sprinkle the top with bread crumbs. 8. Bake for 30 minutes.