

Tuna Casserole

Recipe makes 6 meals

Ingredients

15 oz Canned Tuna, drained
12 oz No Yolks Egg Noodles,
dry

10.5 oz can Healthy Cream
of Mushroom Condensed
Soup

6 oz Frozen Peas

1 small Onion, chopped

1 C FF Fairlife Milk

1 C shredded Extra Sharp
Cheddar Cheese, divided

1/2 C Grated Parmesan

1/4 C Bread Crumbs

2 Tbsp Worcestershire Sauce

1 Tbsp Butter

1 Tbsp Minced Garlic

1 Tbsp Ranch Seasoning

1 Tbsp Garlic Powder

1/2 Tbsp Onion Powder

1/2 tsp Paprika

Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 469

Fat - 13g

Carbohydrates - 56g

Protein - 33g

**Estimated Cost
Per Meal**

\$2.19

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Instructions

1. Start by melting 1 Tbsp of butter in a pan over medium heat. Once the butter is melted, add in your chopped onions, 6 ounces of frozen peas, and 1 Tbsp of minced garlic. Mix together and cook until onions are translucent and peas are thawed. When done, set aside.
2. Bring a large pot of water to a boil and cook your egg noodles according to the instructions on the package. When done, strain and return the strained noodles back to the pot. Set aside.
3. In a large mixing bowl, add 15 ounces of drained tuna. I used three 5 ounce cans, but you can use more if you prefer. Next add in 10.5 ounces of healthy cream of mushroom condensed soup, 1 cup fat free Fairlife milk, 1/2 cup grated parmesan cheese, 1/2 cup shredded extra sharp cheddar cheese, 2 Tbsp Worcestershire sauce, 1 Tbsp ranch seasoning, 1 Tbsp garlic powder, 1/2 Tbsp onion powder, and 1/2 tsp paprika. Last, add in your cooked onions and peas. Mix everything together really well. Taste, and add salt and pepper to preference.
4. Add your tuna mixture into the pot with your cooked noodles, and mix together well.
5. Pour your tuna noodle mixture into a 9x13 casserole dish and spread it out evenly. Top with your remaining 1/2 cup of shredded cheese and 1/4 cup of bread crumbs.
6. Place your casserole dish into the oven at 400°F. Cook for about 15 minutes or until cheese is melted and bread crumbs are toasted.
7. Divide evenly across meal containers and enjoy!



Notes

- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.