



## “Terri’s Pantry Tuna Casserole”



**Total Time:** 45 minutes  
**Servings:** 4

It's time for dinner; the kids are hungry; you are short on time; can't get to the store; and you have no idea what to make tonight. Sound familiar?

Time to turn your regular cooking routine to cooking from the pantry; a great way to get meals on the table fast.

If you have an organized and well-stocked pantry, then you are on your way to creating plenty of delicious meals in minutes; meals that your whole family will love.

What are you waiting for?  
Unleash the power of your pantry today!

*Source:* recipe and ingredients from the pantry of our Aquatics Coordinator, Terri Edwards

### Ingredients:

- 1 can tuna (or more if you wish)
- 1 can of cream of mushroom soup
- 1 can of cream of broccoli soup
- 1 can of evaporated milk (or use a soup can to measure 1 can of any type of milk)
- 1 sleeve of Ritz crackers
- 1 tbsp. of oil – use whatever you have (I would suggest not olive oil as it's too strong)
- 450 g bag of a short tub like pasta; rigatoni or penne would be best but bowties work as well

### Preparation:

1. Bring a large pot of water to boil with 1 tbsp. of salt.
2. Cook pasta for 7 minutes and retain 1 cup of the pasta water before draining.
3. In the meantime, open all the cans and mix the soups and milk together, whisking until smooth, making a sauce.
4. Crush the crackers into small crumbs and toss together with the oil – set aside for top of the casserole.
5. Mix the sauce, tuna and pasta together. Add pasta water a bit at a time until you have a creamy coating on all the pasta (you may not need all the water you saved).
6. Put into a casserole dish and sprinkle with the cracker crumbs.
7. Bake at 350 degrees F. for 30 minutes.

### VARIATIONS:

1. The tuna can be replaced with canned chicken (changing the cream of mushroom with cream of chicken soup).
2. The tuna can also be replaced with canned salmon (changing the cream soup with any flavor you wish).

