



## CROCK POT TUNA NOODLE CASSEROLE

Recipe by ChefWhiz

### CHEF'S NOTE

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"Bravo for a tuna noodle casserole that forgoes crackers in favor of healthier ingredients like peas! This one is easy to prepare and relatively inexpensive. The flavor can be zipped up, if you desire, by sprinkling with Cheddar or Parmesan cheese the last 1/2 hour of cooking time, or after it is cooked. White albacore tuna tastes the best; however, other tuna works well too and is freer of Mercury. This recipe fits a 2.5 qt. crock pot."

**READY IN:** 1hr 45mins

**SERVES:** 4-6

**UNITS:** US

### INGREDIENTS

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<b>4</b>	<b>cups egg noodles, uncooked</b>
<b>10 <math>\frac{3}{4}</math></b>	<b>ounces condensed cream of mushroom soup (1 can)</b>
<b><math>\frac{1}{4}</math></b>	<b>cup water</b>
<b><math>\frac{1}{3}</math></b>	<b>cup onion, finely chopped partially cooked</b>
<b>12</b>	<b>ounces tuna, drained (2 cans)</b>
<b>1</b>	<b>cup frozen peas, thawed</b>

### DIRECTIONS

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Follow pasta package directions to cook pasta.

Drain pasta.

Meanwhile, in a sprayed slow cooker combine soup with  $\frac{1}{4}$  cup water.

Choose between the following two methods (steps 5 and 6 below) of assembling the casserole, with the first yielding the prettiest result but both working well.

Pour cooked, drained pasta in slow cooker in the first layer; add onion for the next layer; add tuna for the third layer; and add thawed frozen peas for the top layer (1st

method).

In a large bowl, mix cooked, drained pasta and onion and tuna and peas and put into sprayed slow cooker (2nd method).

Cover and cook on High 1 1/2 to 2 hours to heat through; and, if you like, add cheese during the last 1/2 hour of baking.

<b>NUTRITION INFO</b>	
<b>Serving Size:</b> 1 (173 g)	
<b>Servings Per Recipe:</b> 4	
<b>AMT. PER SERVING</b>	<b>% DAILY VALUE</b>
<b>Calories</b> 366.4	
Calories from Fat 94	26%
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Total Fat 10.5 g	16%
Saturated Fat 2.6 g	13%
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<b>Cholesterol</b> 64.2 mg	21%
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<b>Sodium</b> 573.8 mg	23%
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<b>Total Carbohydrate</b> 38.5 g	12%
Dietary Fiber 3 g	11%
Sugars 4.3 g	17%
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<b>Protein</b> 28.4 g	56%