


# Tuna Mac

A quick and easy stovetop casserole!

 Level: Medium

Serves: 6

## Kids' Tool Kit

- Large skillet 
- or pan
- Measuring cups
- Can opener
- Spoon
- Rubber spatula
- Strainer

## Ingredients:

- 1 can (14.5 ounces) reduced sodium chicken broth
- 1 ½ cups water
- 3 cups uncooked small elbow macaroni
- 1 can (10 ¾ ounces) cream of mushroom soup
- 1 cup low fat milk
- 1 can (6 ounces) solid-pack tuna, drained
- ½ cup shredded Cheddar cheese (more if you like it real cheesy!)



## Directions:

**Remember to wash your hands!**

1. In a large skillet or pan, heat broth and water to boiling. Add macaroni, reduce heat, and cook until macaroni is tender, about 8 to 10 minutes. Do not drain.
2. Stir in soup, milk, tuna and cheese. Heat through.

## Chef's Choice

- Tuna Mac
- Peas
- Applesauce
- Low fat milk



**Helpful Hints:** If this recipe makes more than your family can eat at one meal, it reheats well in the microwave. Use a microwave-safe bowl, cover loosely with a paper towel, reheat on medium power, stir and rotate the dish midway through cooking. This recipe is perfect for planned-leftovers.



**Safety Tip:** Reheat leftovers thoroughly to at least 165 degrees. Insert a clean thermometer into the center of the casserole to make sure the internal temperature reaches 165 degrees. This is important to keep family members from getting sick from a food-borne illness.

## Nutrition Facts

Serving Size 1 cup (309g)  
Servings Per Container 6

### Amount Per Serving

Calories 350    Calories from Fat 80

### % Daily Value\*

**Total Fat** 9g    **14%**

Saturated Fat 4g    **19%**

**Cholesterol** 20mg    **7%**

**Sodium** 570mg    **24%**

**Total Carbohydrate** 46g    **15%**

Dietary Fiber 1g    **6%**

Sugars 4g

**Protein** 20g

Vitamin A 4%    •    Vitamin C 2%

Calcium 15%    •    Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

