

Creamed Tuna and Vegetables



INGREDIENTS

- 3 cups frozen mixed vegetables, such as peas, carrots, baby corn, and snow peas **OR** peas and carrots
- 1 10-ounce can unsalted or low-sodium condensed cream of chicken soup
- ½ cup bottled **OR** canned mushrooms, drained
- 2 5-ounce cans very low sodium white or light tuna in water, drained and laked, 2 5-ounce cans boneless, skinless salmon in water (lowest sodium available), drained and laked, **OR** 2 5-ounce cans chicken breast in water (lowest sodium available), drained and laked
- ⅓ cup fat-free, low-sodium chicken broth **OR** water
- ½ teaspoon dried tarragon, basil, **OR** oregano
- ¼ teaspoon pepper



SERVINGS: 4

SERVING SIZE: 1 cup

COST PER SERVING: \$2.10

CALORIES

207 Per Serving

PROTEIN

22g Per Serving

FIBER

3g Per Serving



STEP 1: In a medium saucepan, stir together all the ingredients.



STEP 2: Cook, covered, over medium heat for 20 minutes, stirring occasionally.



ENJOY!