



ANA's Kitchen Corner

This Week's Recipe: *Cheesy Tuna Bake*

Ingredients:

Cream of mushroom soup 1 can (284 ml)

Milk 1 cup

Water 1/2 cup

Pasta (Orzo or macaroni) 1 cup

Tuna, light, drained 1 can (170 g)

Peas and carrots drained 1 cup

Onion chopped 1 small

Black pepper 1/4 teaspoon

Paprika 1 teaspoon

Cheddar cheese grated ½ cup

Directions: 1. Preheat oven to 350F

2. In a large bowl, mix cream of mushroom soup, milk and water.

3. Add uncooked pasta, tuna peas and carrots, onion and spices. Mix all ingredient together.

4. Grease a square casserole dish with oil. Pour mixture into dish.

5. Sprinkle with cheese and bake in the oven for 35 minutes. Let cool for 10 minutes (it will thicken as it cools). Serves 6-8 people. You can also use canned corn in this recipe and any other spices you want!!

From: <https://www.hsmm.ca/wp/resources/recipes/current-meal-bag-recipes/>

Ana's Kitchen Tips & Tricks: 1. After chopping food, use the dull end of a knife to scrape the contents from the work surface. Otherwise, the blade will dull considerably, making it less efficient and more likely to slip when chopping or slicing. 2. Use rubbing alcohol to clean stainless steel. Put some on a few cotton balls and have at it! 3. Polish your copper with ketchup, Dab some ketchup (yes, ketchup) on a cloth and rub it all over your copper. Rinse it in warm water and voilà: good as new!