

Southwest Tuna Noodle Casserole

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*2 cups dried egg noodles
1 can (10.75 ounce)
condensed cream of
mushroom soup
3/4 cup milk
2 teaspoons chili powder
1/2 teaspoon cumin
1 can (11 ounce) whole
kernel corn with sweet
peppers, undrained
2 cans (5 ounce ea) drained
and flaked tuna
crushed nacho-flavored
tortilla chips (for sprinkling)*

Preheat the oven to 350 degrees.

In a pot, cook the egg noodles according to package directions. Drain and return to the pot.

Stir in the mushroom soup, milk, chili powder and cumin. Gently stir in the corn and tuna fish. Transfer to a baking dish.

Bake, covered, for 20 minutes.

Sprinkle with the tortilla chips.

Bake until heated through, about 10 minutes more.

Per Serving (excluding unknown items): 446 Calories; 30g Fat (59.7% calories from fat); 12g Protein; 34g Carbohydrate; 3g Dietary Fiber; 28mg Cholesterol; 2612mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 6 Fat.