

---

# Tuna Broccoli Bake

Nancy Kwiecinski - Marshall Field's Grand Avenue

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 4

**1 can (6-1/2 ounce) tuna , drained**  
**10 ounces broccoli cuts, cooked**  
**8 ounces Cheddar cheese, shredded**  
**1 can (8 ounce) French fried onions**  
**1 can (10-3/4 ounce) cream of mushroom soup**  
**1/2 cup milk**  
**6 large flour tortillas**

Preheat the oven to 350 degrees.

In a bowl, mix the tuna, broccoli, five ounces of cheese and one-half can of French fried onions.

In a separate bowl, mix the soup and milk. Pour three-fourths of the soup/milk mixture into the tuna mixture.

Spoon the mixture into the flour tortillas. Roll up. Place the tortillas in a greased 13x9-inch baking dish. Pour the remaining soup/milk mixture on top of the tortillas.

Bake, covered, for 40 minutes.

Place the remaining cheese and onions on top of the casserole.

Bake, uncovered, for 5 to 10 minutes or until the cheese melts.

## Seafood

---

*Per Serving (excluding unknown items): 630 Calories; 30g Fat (42.7% calories from fat); 25g Protein; 65g Carbohydrate; 3g Dietary Fiber; 64mg Cholesterol; 1141mg Sodium. Exchanges: 4 Grain(Starch); 2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat.*