

Tuna Croquettes III

Alice Beatty

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1 can (10 ounce) cream of mushroom soup

2 cans (6 ounce ea) tuna, drained

1/2 cup bread crumbs

2 tablespoons onion, finely chopped

1 tablespoon green bell pepper, finely chopped

salt (to taste)

pepper (to taste)

additional bread crumbs

oil (for frying)

1/4 cup milk

In a bowl, combine 1/2 cup of soup, tuna, 1/4 cup of bread crumbs, onion, green pepper, salt and pepper. Mix well. Shape into patties. Roll in additional bread crumbs.

In a skillet with hot oil, fry the patties until brown on both sides. Place the cooked patties on a warm serving plate.

In a saucepan, combine the remaining soup and milk. Cook over medium heat until heated through. Pour over the croquettes.

Per Serving (excluding unknown items): 220 Calories; 8g Fat (32.3% calories from fat); 23g Protein; 13g Carbohydrate; 1g Dietary Fiber; 35mg Cholesterol; 415mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.