

Tuna Potpie

Virginia B Guthrie

The Pennsylvania State Grange Cookbook (1992)

Servings: 6

1 package refrigerated pie crust

1 can (12 ounce) chunk light tuna, drained

1 package (10 ounce) frozen peas and carrots

1/2 onion, chopped

1 can (10 ounce) cream of potato soup

1/3 cup milk

1/2 teaspoon poultry seasoning

salt (to taste)

pepper (to taste)

Preheat the oven to 375 degrees.

Fit one pastry crust into a pie plate.

Into a bowl, combine the tuna, vegetables, onion, soup, milk and seasonings. Mix well. Spoon into the pastry-lined plate.

Top with the remaining pastry crust, sealing the edge and cutting vents.

Bake for 45 to 50 minutes.

Per Serving (excluding unknown items): 190 Calories; 10g Fat (48.4% calories from fat); 3g Protein; 22g Carbohydrate; 1g Dietary Fiber; 9mg Cholesterol; 316mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 2 Fat.