



early childhood community development centre

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# Tuna and Rice Casserole

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## *Ingredients - makes 4 servings*

- 1 can 10oz cream of mushroom soup
- 1 ¼ cups instant rice
- 1 cup milk
- ½ cup water
- 1 can 6 oz tuna packed in water, drained
- 1 cup frozen peas
- ¼ finely chopped onions
- 1 tsp lemon juice
- Black pepper to taste
- ½ cup grated cheddar cheese
- Paprika to taste

## *Directions*

1. In a large bowl, stir together soup, rice, milk, water, tuna, peas, onions, lemon juice and pepper
2. Pour into prepared baking dish
3. Sprinkle with cheese and paprika
4. Bake in preheated (350° F (180° C) 8 inch baking dish, greased) oven for 30 to 35 minutes or until bubbling and rice is tender

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD  
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