# Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



### **Tuna Casserole**

Serves 6

## Ingredients:

- 2 cans (6 ounces each) tuna fish packed in water, drained
- 1/2 cup celery, chopped
- 2 eggs, beaten
- 1 cup dry oats
- 3/4 cup milk
- 1 Tbsp. lemon juice
- 1/3 cup onion, chopped
- 1/2 tsp. black pepper

### - ONION SAUCE -

- 1 Tbsp. butter
- 1 small onion, chopped
- 2 Tbsp. flour
- 3/4 cup nonfat milk
- salt and pepper, to taste

# Instructions:

- 1. Preheat oven to 350 degrees F.
- 2. Mix together first 8 ingredients (tuna, celery, egg, oats, milk, lemon juice, onion, and pepper) in a bowl. Put in an 8 x 8 inch pan. Bake for about 50 minutes, until lightly browned on top.

### **ONION SAUCE**

- 1. Melt butter in a saucepan. Add onions and cook until tender. Slowly stir in flour. Stir in milk and cook sauce over medium heat. Stir constantly until it starts to boil.
- 2. Lower heat and stir until sauce thickens, about 3 minutes. Add salt and pepper to taste.
- 3. Pour a portion of sauce over each serving of tuna casserole.



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