

## TUNA, PEA, AND BROWN RICE CASSEROLE

Recipe by ratherbeswimmin

A slightly different version of the old stand-by tuna casserole. A quick, cheap, tasty meal.

READY IN: 1hr 10mins

SERVES: 5

UNITS: US

### INGREDIENTS

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- 1 cup brown rice, cooked
- 1 (10 3/4 ounce) can campbell condensed golden mushroom soup
- 1 (6 ounce) can chunk light tuna packed in oil, drained and flaked
- 1 cup frozen peas, cooked and drained
- pepper, to taste
- 2 tablespoons dry breadcrumbs
- 1/2 cup shredded sharp cheddar cheese

#### NUTRITION INFO

Serving Size: 1 (179) g

Servings Per Recipe: 5

AMT. PER SERVING	% DAILY VALUE
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Calories: 328.3

Calories from Fat 90 g	27 %
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Total Fat 10 g	15 %
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Saturated Fat 4 g	20 %
<b>Cholesterol</b> 22 mg	7 %
<b>Sodium</b> 766.3 mg	31 %
<b>Total Carbohydrate</b> 39.6 g	13 %
Dietary Fiber 2.7 g	10 %
Sugars 3.6 g	14 %
<b>Protein</b> 19.2 g	38 %

## DIRECTIONS

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Butter a 1 1/2 quart casserole dish; set aside.

In a mixing bowl, mix together the first 5 ingredients.

Sprinkle the breadcrumbs evenly over the bottom of the casserole dish.

Transfer the tuna-rice mixture into the casserole dish and spread out evenly.

Sprinkle cheese evenly over the top.

Bake in a 350° oven for 25-30 minutes or until bubbly.