

# 6 INGREDIENTS - 3 MEALS

## Ingredients:

- Canned Tuna, Salmon, Chicken
- Canned Mushroom Soup
- Pasta (Any Kind)
- White or Brown Rice
- Frozen Veggies (Choose Your Favorites)
- Garlic (Fresh or Granulated)

### Recipe 1 - Tuna Pasta Casserole

*(Substitute tuna for any drained canned meat of your choice)*

- Preheat oven to 350 degrees Fahrenheit
- In a medium sauce pan, over medium heat, sauté drained tuna, and garlic. Add in frozen veggies.
- Add in 1 can of condensed mushroom soup, and 2 tablespoons of water or milk.
- Salt and pepper to taste.
- In another pot, boil water and cook pasta to al dente.
- In an oven-safe casserole combine tuna mixture with cooked pasta and bake for 10 minutes.

(If you want to add cheddar, mozzarella or parmesan cheese, add it on top of the casserole before you bake it.)

### Recipe 2 - Creamy Chicken & Rice

*(Substitute chicken for any drained canned meat or fresh cooked meat of your choice)*

- Saute 1 can of drained canned chicken and garlic in a sauce pan. Stir in condensed mushroom soup and cook until smooth and heated through.
- In a separate pot, prepare rice as per the instructions on the package.
- In a microwave safe bowl, steam frozen veggies to have as a side. (Broccoli goes great with this).
- Pour chicken and soup mixture over cooked rice and enjoy!

### Recipe 3 - Tuna Rice Patties with Mushroom Sauce

*(Substitute tuna for any drained canned meat of your choice)*

- In a bowl combine:

2 Cans of drained canned meat  
1 Cup of cooked rice  
2 Tablespoons Condensed Mushroom Soup  
Salt, Pepper and Garlic to taste

- Gently mix together until all ingredients are combined.
- Form into patties and fry in a non-stick skillet or pan with a tablespoon of oil until cooked through.
- With remaining mushroom soup, combine with 2 tablespoons of water or milk in a sauce pan and heat to create a sauce to pour over patties.
- Heat up some frozen veggies to enjoy as a side.

*Depending on the spices you may already have; lemon pepper, dried basil, dried parsley, and cilantro are a great addition to any of these meals. Additionally, you can add in other items you may have such as onions, peppers or celery.*

