

Tuna-Rice Casserole Serves 12

PREPARATION TIME: 30-35 MINUTES

You will need:

Rice (3 cups cooked in 6 cups water)
Frozen Peas (1 lb. Bag)
Tuna (5 -5oz. Cans water packed)
Mushroom Soup (Family Size 26oz can)
Milk (1 cup)
Seasonings
Potato Chips (Crushed, about 2 cups)

- COOK 3 cups rice (In a large saucepan. Bring 3 cups rice, 1 TBS. Oil, 1 tsp. Salt and 6 cups water to a boil. Cover. Reduce heat. Simmer 20 minutes. Don't peak!)
- GREASE foil pan (1/2 steam table pan size) For safe handling, support casserole from beneath with cookie sheet or tray.
- DRAIN Tuna. Retain juice in case mixture needs thinning.
- In a large mixing bowl, using a spoon or wire whisk, MIX together condensed soup, milk, and tuna.
- ADD seasonings to tuna mixture. (I like 1 tsp. season salt, 2 tsp. Curry powder, 1 tsp. onion powder, ½ tsp. Black pepper) STIR WELL.
- ADD cooked rice to Tuna mixture. STIR TOGETHER. (add some tuna juice if needed.)
- ADD frozen peas and STIR until evenly distributed.
- TURN mixture into pan. SMOOTH till even.
- TOP with crushed potato chips.

Cover casserole with aluminum foil sprayed with cooking spray (to keep from sticking.)

Stick label on top stating name of casserole, date prepared, and your name.

Immediately cool the casserole in refrigerator or freezer.

Only prepared casseroles **at or below 41°F** can be received in the TPC kitchen.

Casserole will be baked on Sunday at 350 degrees for about 1 hour (if thawed) or 2 hours (if frozen), until internal temperature reaches **165°F** and contents are bubbly hot and top is beginning to brown.

Then Jesus said to his host, "When you give a lunch or a dinner, do not invite your friends or your brothers or your relatives or your rich neighbors – for they will invite you back, and in this way you will be paid for what you did. When you give a feast, invite the poor, the crippled, the lame, and the blind; and you will be blessed, because they are not able to pay you back. God will repay you on the day the good people rise from death." Luke 13:12-14 (Good News Bible)

Thank you for caring – and sharing.

TPC Sunday Community Lunch