

Tuna and Noodles - USDA Recipe D370

Makes: 25 or 50 Servings



Ingredients	Weight	25 Servings		50 Servings	
		Measure	Weight	Measure	Weight
Water		1 gal		2 gal	
Egg noodles, whole-grain, dry	1 lb 4 oz	3 qt 2 3/4 cups	2 lb 8 oz	1 gal 3 qt 1 1/2 cups	
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup	
*Fresh celery, chopped	8 oz	1 1/2 cups	1 lb	3 cups	
*Fresh onions, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups	
*Fresh green bell peppers, diced 1/4"	6 oz	1 1/8 cups	12 oz	2 1/4 cups	
Whole-wheat flour	4 oz	1 cup	8 oz	2 cups	
Nonfat milk		1 qt		2 qt	
Low-sodium chicken broth		1 qt		2 qt	
Ground black pepper		3/4 tsp		1 1/2 tsp	
Dried parsley		1/4 cup		1/2 cup	
Canned chunk style, water packed albacore tuna, drained, flaked 3 lb 3 oz (1 66 1/2 oz can)		2 qt 1 1/2 cups	6 lb 6 oz	1 gal 3 cups (2 66 1/2 oz cans)	
Canned low-sodium corn, drained	8 oz	1 1/4 cups	1 lb	2 1/2 cups	
Lemon juice		1/3 cup		2/3 cup	

Directions

1. Heat water to a rolling boil.
2. Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.
3. Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.
4. Add flour and stir until smooth.
5. Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.
6. Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Transfer tuna mixture to a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

9. Critical Control Point: Hold for hot service at 140 °F or higher.

10. Portion with 8 fl oz spoodle (1 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

My Notes

Nutrition Information

Nutrients	Amount
Calories	76
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	6 mg
Sodium	97 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	83 IU
Calcium	28 mg
Iron	0 mg
Potassium	363 mg

N/A - data is not available

Meal Components	
Vegetables	
Other	1/8 cup
Grains	1 ounce
Meat / Meat Alternate	2 ounces

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)