



# Tuna and Noodles

## USDA Recipe for Schools

Tuna and fresh vegetables are cooked in a chicken broth base with spices and served over whole grain noodles.

**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.**

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	<b>1</b> Heat water to a rolling boil.
Egg noodles, whole grain, dry	2 lb 8 oz	1 gal 3 qt 1½ cups	5 lb	3 gal 2 qt 3 cups	<b>2</b> 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.
Margarine, trans-fat free	8 oz	1 cup	1 lb	2 cups	<b>3</b> Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5–6 minutes.
*Fresh celery, chopped	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh onions, chopped	14 oz	2⅔ cups	1 lb 12 oz	1 qt 1⅓ cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh green bell peppers, diced ¼"	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup	
Whole wheat flour	8 oz	2 cups	1 lb	1 qt	<b>4</b> Add flour and stir until smooth.
Nonfat milk		2 qt		1 gal	<b>5</b> Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8–10 minutes to thicken mixture.
Chicken broth, low-sodium		2 qt		1 gal	
Black pepper, ground		1½ tsp		1 Tbsp	
Dried parsley		½ cup		1 cup	<b>6</b> Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6–8 minutes.
Canned chunk style, water packed albacore tuna, drained, flaked	6 lb 6 oz	1 gal 3 cups (2 66½ oz cans)	12 lb 12 oz	2 gal 1½ qt (4 66½ oz cans)	
Canned low-sodium corn, drained	1 lb	2½ cups	2 lb	1 qt 1 cup	
Lemon juice		⅔ cup		1⅓ cups	
					<b>7</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>8</b> Transfer tuna mixture to a steam table pan (12" x 20" x 4").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>9</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>10</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

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

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Mature onions	1 lb	2 lb
Celery	1 lb 4 oz	2 lb 8 oz
Green bell peppers	1 lb	2 lb

**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.

**YIELD/VOLUME**

<b>50 Servings</b>	<b>100 Servings</b>
About 20 lb	About 40 lb
About 2 gal 2 qt/2 steam table pans (12" x 20" x 4")	About 5 gal/4 steam table pans (12" x 20" x 4")

