

# How to Use Cream of Mushroom Soup

## Tips & Tricks

For every can of cream of mushroom soup, add a can of water. This will help lower the fat and sodium content of your meal.

## Creative Eats



**Potatoes-** Use as a sauce for a baked potato bar, casserole-style potato dishes, or use as milk/cream replacement in mashed potatoes.

**Roasted Vegetable Pasta-** Flavor noodles and roasted vegetables (i.e. onions, broccoli, peppers) with cream of mushroom sauce, salt, and pepper.

**Pizza-** Use as the base sauce for a creamier pizza. Add chicken, tomatoes, spinach, and parmesan.

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# Albacore Tuna Casserole

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## Ingredients

- 8oz pasta (100% whole-grain preferred)
- 2 cans (6oz) albacore tuna, packed in water, drained
- 1 can (10oz) cream of mushroom soup, condensed (low-fat, low-sodium preferred)
- 1/2 cup milk (1% or non-fat preferred)
- 1 cup frozen or canned peas

## Directions

Preheat oven to 375°F. Prepare pasta according to package directions. Lightly coat an 8" x 8" baking dish and add tuna, cream of mushroom soup, milk, and peas; mix well. Bake, uncovered, until the casserole begins to bubble, about 20 minutes. Remove casserole from oven and let stand for 5 minutes.

**Extension**

**UtahState**University.



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