

Creamed Tuna

written by The Recipe Exchange | June 2, 2015

Ingredients

1/4 cup chopped onion
1/4 cup chopped celery
3 Tbls. butter OR margarine
3 Tbls. all-purpose flour
1 tsp. salt
1/2 tsp. black pepper
1/2 tsp. celery seed
1/4 tsp. garlic powder
1 1/4 cups milk – low-fat okay
1 chicken OR fish bouillon cube
(2) 6 oz. cans tuna in water – drained
1/2 cup sour cream – low-fat okay
1 cup cooked peas
2 – 4 cups cooked egg noodles

Directions

In a saucepan over medium heat, cook onion and celery in butter until soft.

Stir in flour, salt, pepper, celery seed, and garlic powder.

Whisk in milk and bouillon.

Simmer until thick, stirring constantly.

Remove from heat then stir in tuna, sour cream, and peas.

Serve over hot noodles.