

YIELD: 6

Instant Pot Cheesy Tuna Helper

Instant Pot Cheesy Tuna Helper Casserole is a quick and easy tuna recipe that can be made in no time. Tuna noodle casserole is filled with delicious flakey tuna, egg noodles, peas, and a creamy base, so each bite is comforting.

COOK TIME

4 minutes

TOTAL TIME

4 minutes



Ingredients

- 16 oz egg noodles
- 3 cups water
- (2) 10oz cans Cream of Mushroom Soup
- 1 can tuna drained
- 1 cup frozen peas
- 4 oz cheddar cheese
- 1/4 cup bread crumbs, optional

Instructions

1. Place pasta in the Instant pot cover with water.
2. Put tuna, frozen peas, and soup on top of the pasta.
3. Close lid and place on Manual High Pressure for 4 minutes.
4. Do a quick release.
5. Stir in cheese.
6. Optional place in a baking dish and cover with breadcrumbs under the broiler for 2-3 minutes.

Nutrition Information: YIELD: 8 SERVING SIZE: 4

Amount Per Serving: CALORIES: 192 TOTAL FAT: 7g SATURATED FAT: 3g TRANS FAT: 0g
UNSATURATED FAT: 3g CHOLESTEROL: 40mg SODIUM: 219mg CARBOHYDRATES: 20g FIBER: 2g SUGAR: 1g
PROTEIN: 12g

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