

# Mexican Tuna



30 servings



\$1.57 per  
serve

Recipe provided by Sandra Wright from Gosford Cubbyhouse Long Day Care Centre

## INGREDIENTS

4 tablespoon canola or olive oil  
2 medium onions, diced  
2 cloves garlic, crushed  
800g tin crushed tomatoes  
1 green capsicum, diced  
½ cup (140g) salt reduced tomato paste  
1 cup (200g) dry red lentils  
2 teaspoons salt reduced vegetable stock powder  
4 x 425g cans tuna  
2 x 400g cans red kidney beans  
1 kg dry wholemeal pasta  
3 cups (300g) reduced fat cheese, grated

## DIRECTIONS

1. Heat oil in large pan and lightly brown onions.
2. Add garlic, tomato, capsicum, tomato paste, red lentils and stock powder. Stir to combine.
3. Add tuna and mix through. Bring to the simmer and simmer for 20-30 minutes.
4. Add kidney beans and simmer for a further 5 minutes.
5. Whilst mix is simmering bring a pot of water to the boil and add pasta. Cook the pasta until al dente.
6. Distribute pasta over serving dishes. Pour tuna mix over the pasta and top with grated cheese.

To serve:

Serve with a garden salad and toasted pita/Lebanese bread crumbled over the top.

Helpful hints: Can be served as a nachos-type dish with toasted pita/Lebanese bread instead of corn chips and yoghurt instead of sour cream.

## NUTRITION NOTES

Food groups per child serve = 1/2 serve of Vegetables, 0 serve of Fruit, 1 serve of Breads & Cereals, 1 serve of Meat & Alternatives, 1/3 serve of Dairy.

Type of protein = white meat

Number of extra iron containing foods needed over the day = 2

Extra iron containing foods in this recipe: legumes (red kidney beans, lentils), wholemeal pasta