

Squash & Tuna

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Cooking time (minutes):

3 Microwave

5 or Wok

cups

Yield:	cups	16	12	8	4
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Tuna	can	cups	2	1 1/2	1	1/2
Soup, Cream Celery	can	cups	4	3	2	3/4
Carrots	shred	cups	4	3	2	3/4
Squash, Butternut	shred	cups	4	3	2	3/4
Squash, Zuzcchini	shred	cups	4	3	2	3/4
Onion, chopped		cups	2	1 1/2	1	1/2
Salt	spice		to taste			
Pepper, black	spice		to taste			
Chilli Powder	spice		to taste			

Add to bowl, Mix & Cover with food plastic wrap

Microwave until heated - about 3 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

OR

Add ingredients to wok

Cook until heated - about 5 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months