



MEXICAN TUNA TORTILLAS

- 4 cans **Crown Prince Natural Tongol Tuna**, drained and flaked
- 2 tablespoons olive oil
- 1 onion, chopped
- 1 red bell pepper, chopped
- 4 cloves garlic, minced
- 1 14.5 ounce can diced tomatoes, with juice
- 1 6 ounce can tomato paste
- 3/4 cup enchilada sauce
- 12 flour tortillas



In a large saucepan, warm oil over medium heat. Add onion, bell pepper and garlic and cook for 10 minutes. Stir in the tuna, tomatoes, tomato paste and enchilada sauce. Cook for 15 minutes, stirring often. Reduce heat to low, cover and simmer for 30 minutes. Serve wrapped in tortillas. *Serves 6.*

NOTE: Serve with shredded cheese, sour cream, guacamole and salsa.

Per Serving: 415 Calories (91 Calories from Fat), 10g Fat, 33g Protein, 50g Carbohydrate, 50mg Cholesterol, 1196mg Sodium