



TUNA CHOWDER

- 1 12 ounce can **Crown Prince Natural Albacore Tuna - No Salt Added**, drained
- 1/2 cup diced bell pepper
- 1/2 cup diced onion
- 1/2 cup diced mushrooms
- 1 stalk celery, diced
- 2 cloves garlic, minced
- 2 tablespoons unsalted butter
- 1 14.5 ounce can diced tomatoes, with juice
- 1 10.75 ounce can cheddar cheese soup
- 1 can 2% low fat milk (measure in soup can)
- 1 teaspoon black pepper
- 1/2 teaspoon dried basil

In a large pot, sauté bell pepper, onion, mushrooms, celery and garlic in butter. Add remaining ingredients and simmer for one hour. *Serves 6.*

NOTE: For a creamier texture, use heavy cream instead of milk.

Per Serving: 156 Calories (57 Calories from Fat), 7g Fat, 15g Protein, 10g Carbohydrate, 35mg Cholesterol, 373mg Sodium