

CHOPSTICK TUNA

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	26 g	25 g	21 g	20 mg	666 mg	61 mg

Ingredient

FISH,TUNA,CANNED,WATER PACK,DRAINED
 CELERY,FRESH,SLICED
 ONIONS,FRESH,SLICED
 NUTS,UNSALTED,CHOPPED,COARSELY
 NOODLES,CHOW MEIN,CANNED
 SOUP,CONDENSED,CREAM OF MUSHROOM
 NOODLES,CHOW MEIN,CANNED

Weight

14-1/2 lbs
 10-1/2 lbs
 3 lbs
 4 lbs
 3-1/8 lbs
 8-3/4 lbs
 3-1/8 lbs

Measure

2 gal 2-2/3 qts
 2 gal 1-7/8 qts
 2 qts 3-7/8 cup
 3 qts 1/2 cup
 2 gal
 3 qts 3-3/4 cup
 2 gal

Issue

14-3/8 lbs
 3-1/3 lbs

Method

- 1 Drain tuna; discard juice. Flake tuna; combine with celery, onions, nuts, and chow mein noodles.
- 2 Combine soup with tuna mixture.
- 3 Pour an equal quantity of tuna-soup mixture into each steam table pan.
- 4 Sprinkle about 2 quart noodles over mixture in each pan.
- 5 Bake 20 to 25 minutes at 375 F. or until heated thoroughly. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.