

## TUNA TETRAZZINI (CANNED TUNA)

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
223 cal	28 g	21 g	3 g	20 mg	950 mg	105 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
WATER,BOILING	25-1/8 lbs	3 gal	
SALT	1 oz	1 tbsp	
OIL,SALAD	1/2 oz	1 tbsp	
SPAGHETTI NOODLES,DRY	5 lbs	1 gal 1-3/8 qts	
ONIONS,FRESH,CHOPPED	8 oz	1-3/8 cup	8-7/8 oz
PEPPERS,GREEN,FRESH,CHOPPED	8 oz	1-1/2 cup	9-3/4 oz
COOKING SPRAY,NONSTICK	1/8 oz	1/8 tsp	
CHICKEN BROTH		1 gal 3 qts	
WATER,COLD	4-1/8 lbs	2 qts	
FLOUR,WHEAT,GENERAL PURPOSE	2-1/4 lbs	2 qts	
MILK,NONFAT,DRY	7-1/4 oz	3 cup	
WATER,WARM	7-7/8 lbs	3 qts 3 cup	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
FISH,TUNA,CANNED,WATER PACK,DRAINED	11-5/8 lbs	2 gal 5/8 qts	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	5-1/8 lbs	3 qts 3 cup	
PIMIENTO,CANNED,DRAINED,CHOPPED	11-7/8 oz	1-3/4 cup	
CHEESE,PARMESAN,GRATED	14-1/8 oz	1 qts	

**Method**

- 1 Add salt and salad oil to water; heat to a rolling boil.
- 2 Add spaghetti slowly while stirring constantly until water boils again. Cook about 10 to 12 minutes or until tender; stir occasionally. DO NOT OVERCOOK.
- 3 Drain. Rinse with cold water; drain thoroughly. Use immediately in recipe preparation or place in shallow containers and cover.
- 4 Stir-cook onions and peppers in a lightly sprayed steam-jacketed kettle or stockpot 3 minutes or until tender, stirring constantly.
- 5 Add chicken broth to cooked vegetables; stir to blend. Bring to a boil; reduce heat to a simmer.
- 6 Blend flour and water together to make a smooth slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover, reduce heat; simmer 10 minutes or until thickened, stirring frequently to prevent sticking.
- 7 Reconstitute milk in warm water. Add pepper; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 8 Stir tuna, spaghetti, mushrooms, and pimientos gently into thickened sauce. Heat to a simmer.
- 9 Pour 1-1/2 gal tuna and spaghetti mixture into each ungreased pan. Sprinkle 1 cup parmesan cheese over tuna and spaghetti mixture in each pan.
- 10 Using a convection oven, bake at 325 F. for 15 minutes or until lightly browned on high fan, open vent. CCP: Internal temperature must register 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.