

# Tuna Bake

Serves 4 / Cost around £3.50 /

## You will need:

- 2 tins of tuna (in brine, oil or water)
- 1 tin of tomato soup
- 1 tin of mushrooms or fresh mushrooms (aprox 100g)
- 1 green, red or yellow pepper (optional)
- 1 garlic clove
- 1 leek or onion chopped
- Grated cheese

## Instructions:

1. Soften leek or onion in oil.
2. Add everything else and heat through.
3. Sprinkle grated cheese on the top and bake in oven for 10 minutes or heat under grill.

Alternatively you can just eat it with cheese grated over, or no cheese at all.

You can eat with baked jacket potato, pasta shapes or rice.

It tastes even better if cooked the day before, left to cool and then put in the fridge overnight.