

Be Prepared.

\$10 A WEEK. 10 WEEKS TO STAY PREPARED.



Creamy Tuna Rice

INGREDIENTS

1 cup water	2 Tbsp parsley flakes
1/2 cup milk	1 1/2 cups instant white rice
1 can tuna	6 oz pasteurized cheese product

DIRECTIONS

- 1) Pour water and milk into medium saucepan. Bring to boil on medium heat.
- 2) Add tuna, rice, and parsley; mix well. Cover. Remove from heat. Let stand 5 minutes or until liquid is absorbed.
- 3) Stir in pasteurized cheese product until melted.

Makes 4 servings.

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