

Be Prepared.

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



Tuna and Rice

INGREDIENTS

1/3 cup celery	1 can tuna
1/4 cup onion	2 oz pasteurized cheese product
1 Tbsp butter or margarine	1/4 tsp dried basil leaves
1 Tbsp flour	1 1/2 cups cooked rice
1 cup tomatoes	

DIRECTIONS

1) Cook and stir celery and onion in butter in large skillet on medium heat until crisp-tender. Add flour; stir until well blended.

2) Add tomatoes, tuna, basil, and pasteurized cheese product; cook until cheese product is completely melted, stirring occasionally.

3) Serve over cooked rice.

Makes 2 servings.

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