



Tuna Cups Recipe

Preparation Time	10
Cooking Time	28
Serving Size	12

Ingredients:

- 2 Tbsp oil
- 2 Tbsp garlic, crushed
- 1/4 cup onion, white, chopped
- 1 cup button mushroom, canned, sliced
- 1 pouch DEL MONTE Sweet Style Spaghetti Sauce (250g)
- 1 can tuna chunks in oil (184g), drained
- 24 slice bread, white loaf, edges removed
- 3 3/4 Tbsp margarine, softened
- 1 cup cheese, grated

Preparation:

1. Sauté garlic, onion, and mushrooms. Add DEL MONTE Sweet Style Spaghetti Sauce and tuna. Simmer for 3 minutes. Set aside.
2. Spread each bread with margarine. Fit into muffin pan. Bake in a preheated oven at 350°F for 5 minutes. Fill each bread "cup" with 1-2 tablespoons of sautéed mixture. Sprinkle with cheese. Bake for another 3 minutes or until cheese melts.

Chef's Tip

Recreate this recipe without an oven by using a toaster oven or turbo broiler. If the bread browns too quickly, cover the pan with a sheet of aluminum foil then fold the sides into the sides of the pan to secure.

Lusog Notes

This recipe is a source of iron and vitamin B1. Iron is needed for the formation of red blood cells that carry oxygen to all parts of the body. Vitamin B1 helps the body convert food to energy.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board
- Pot
- Colander