

## Texas Tuna Chili

Serves 2 generously

1T. butter or margarine  
1 small onion, chopped green pepper  
1 cup chunky tomato sauce or marinara sauce from a jar.  
1/4 to 1/2 t. Tabasco pepper sauce  
1/2 cup shredded Monterey Jack cheese  
1 can 7 oz. tuna drained  
toaster-style corn muffins or corn bread

1. Melt butter in a skillet: sauté onion and green pepper until tender.
2. Stir in tomato sauce and Tabasco sauce: simmer, uncovered, 15 to 20 minutes, stirring occasionally
3. Add 1/4 cup cheese, corn and tuna: heat through.
4. Spoon over corn muffins: garnish with remaining cheese.

Sharon Richardson  
West Suburban Grief Coalition  
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