

Recipe for: Tuna BBQ

Ingredients:

2 cans/packets albacore tuna, drained
1 small can tomato sauce
1 carrot
1 stalk celery
½ medium onion
1 Tbsp. olive oil
½ Tbsp. sesame seeds
1 tsp. garlic powder
½ tsp. fresh ground black pepper

Preparation:

Heat olive oil to medium high in a small skillet. Finely chop carrot, celery and onion (a food processor works great for this). Sauté the vegetables in oil until tender. Add sesame seed, garlic powder, pepper, and salt. Mix well, then add tuna and tomato sauce. Mix well and heat through. Serve on Ezekiel/Gluten-free bread or over brown rice.

*Tip: Chop another measure of the vegetables and add it to the water before cooking the rice. Add butter to the rice when it is done and mix well before serving.