

5 Budget-Friendly Canned Fish Recipes

Perfect for Weeknight Dinner — [HomemadeRecipes.com](#)

1. Lemon Tuna & White Bean Skillet

10 min | ~\$1.80/serving

INGREDIENTS

2 cans tuna, drained · 1 can white beans, drained · 2 tbsp olive oil · 1 garlic clove, smashed · pinch red pepper flakes · lemon juice · black pepper

METHOD

Warm oil and garlic in a skillet. Add beans, a splash of bean liquid, and mash a third of the beans to thicken. Fold in tuna to warm through. Finish with lemon juice and pepper.

2. Crispy Tuna Melt, Open-Face

8 min | ~\$1.50/serving

INGREDIENTS

1 can tuna, drained · 1 tbsp mayo · 1 tbsp mustard · diced celery (optional) · thick bread · sharp cheddar

METHOD

Mix tuna with mayo, mustard, and celery. Pile onto bread, top with cheddar, and broil 2-3 minutes until browned at the edges.

3. Salmon Cake Skillet with Quick Slaw

10 min | ~\$2.40/serving

INGREDIENTS

1 can salmon, drained · 1 egg · handful crushed crackers · 1 tbsp mustard · oil for frying · shredded cabbage · vinegar

METHOD

Flake salmon and mix with egg, crackers, and mustard. Form patties, pan-fry 3 minutes per side until golden. Toss cabbage with vinegar, oil, and salt for a quick slaw.

4. Salmon & Chili Crisp Rice Bowl

8 min | ~\$2.60/serving

INGREDIENTS

1 can salmon, drained · warm rice · 1 tbsp chili crisp · soy sauce · quick-pickled cucumber (optional)

METHOD

Flake salmon over rice. Add chili crisp and a drizzle of soy sauce. Top with quick-pickled cucumber if you have five extra minutes.

5. Sardine Pasta with Garlic & Capers

10 min | ~\$2.10/serving

INGREDIENTS

2 cans sardines · pasta · olive oil · sliced garlic · 1 tbsp capers · lemon zest · black pepper

METHOD

Cook pasta. Warm oil, garlic, and capers until golden. Break in sardines to warm through. Toss with pasta and a splash of pasta water. Finish with lemon zest and pepper.