

Note: Homemade tastes juicier and better than canned Italian tuna in olive oil. Never buy American canned tuna. Dry.

1 lb. tuna loin (pink belly part, no dark-black portion)
2-3C vegetable bouillion to cover
Simmer tuna at low heat 5 mins till cooked through
Remove tuna, drain, cool.
Place whole or in large chunks in 1 pint mason jar
Cover with olive oil.
Store at room temperature overnight
Enjoy by itself with salad or in Tonno E Fagiole (see recipe)

Refrigerate leftovers if necessary.
Save/freeze bouillion for fish soup.