



Pureed Corned Beef & Cabbage





Pureed Corned Beef & Cabbage

IDDSI LEVELS 4 5 6



INGREDIENTS

	1 Serving	6 Servings	12 Servings
Suggested Pan Size	Mini loaf pan or individual baking dish	1/3 steamtable pan 2 inch deep	2 - 1/3 steamtable pans 2 inch deep
Baking Time	10-20 minutes	20-30 minutes	35-45 minutes
Corned Beef, hot	3 oz	1 lb 2 oz	2 lb 8 oz
Low Sodium Beef Broth, hot	1/4 cup	1 1/2 cups	3 cups
THICK & EASY® Instant Food Thickener - TUB Item: 007941	1/2 Tbsp	1/2 cup	1 cup
Cabbage, cooked, drained (reserve liquid)	1/2 cup	3 cups	6 cups (1 1/2 quarts)
Reserved cooking liquid or low sodium broth, hot	1 1/2 Tbsp	3 tbsp	1/3 cup
THICK & EASY® Instant Food Thickener - TUB Item: 007941	1 Tbsp	1/3 cup	2/3 cup
Mustard sauce, prepared	1 Tbsp	1/3 cup	2/3 cups

NUTRITION

Serving Size:*
3 oz. corned beef
1/2 cup cabbage

Calories: 280

Total Fat: 16g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 85mg

Sodium: 1010mg

Total Carbs: 14g

Dietary Fiber: 1g

Total Sugars: 14g

Added Sugars: 2g

Protein: 19g

Vitamin D: 0% DV

Calcium: 4% DV

Iron: 10% DV

Potassium: 6% DV

DIRECTIONS

1. Puree corned beef with hot broth in a blender or food processor until smooth in texture.
2. Add first amount of **THICK & EASY® Instant Food Thickener** and process briefly until combined.
3. Spread into pan(s) coated with cooking spray, cover with foil and heat to 165°F. Keep warm for service.
4. Note: Pureed meat can also be portioned into food molds that resemble meat slices. Freeze molds until firm; then heat in steamer until temperature reaches 165°F.
5. Puree cooked cabbage in food processor until smooth.
6. Add amount of reserved liquid needed and process until smooth.
7. Add second amount of **THICK & EASY® Instant Food Thickener** and process briefly until combined.
8. Spread into a pan(s) coated with cooking spray, cover with foil and heat to 165°F. Keep warm for service.
9. Portion one #10 scoop, or one shaped and molded slice of pureed corned beef and one #16 scoop pureed cabbage per serving.
10. Garnish with 1 Tbsp mustard sauce per serving, if desired.

Serving Suggestion: Serve with pureed carrots and mashed potatoes to complete the meal. Portion 3 oz of peas and 3 oz of bacon into a bowl and swirl with a knife to create a pattern.
*3 oz = 1 #10 scoop & 1/2 cup = 1 #16 scoop