



# IDDSI Level 4/5 Beef Stroganoff





# IDDSI Level 4/5 Beef Stroganoff

IDDSI LEVEL **4** **5** **6** **7**



## INGREDIENTS

|                                                                             | 6 Servings   | 12 Servings |
|-----------------------------------------------------------------------------|--------------|-------------|
| Butter                                                                      | 1 Tbsp       | 2 Tbsp      |
| Fresh mushroom, Sliced                                                      | 3 oz.        | 6 oz.       |
| Onions, diced                                                               | 1/2 cup      | 1 cup       |
| Garlic, minced                                                              | 1/2 tsp      | 1 tsp       |
| Worcestershire sauce                                                        | 1 tsp        | 2 tsp       |
| Butter                                                                      | 1 Tbsp       | 2 Tbsp      |
| Flour                                                                       | 2 Tbsp       | 1/4 cup     |
| Beef Broth                                                                  | 1 1/2 cups   | 3 cups      |
| Salt                                                                        | 1/2 tsp      | 1 tsp       |
| Black Pepper                                                                | 1/4 tsp      | 1/2 tsp     |
| Sour Cream                                                                  | 1/2 cup      | 1 cup       |
| <b>THICK &amp; EASY® Minced Ground Beef - Level 5 Ready</b><br>Item: 114401 | ~ 1 1/2 cups | ~ 3 cups    |
| <b>THICK &amp; EASY® Bulk Pureed Pasta - IDDSI Level 4</b><br>Item: 114399  | 3 cups       | 6 cups      |

**PUREED (LEVEL 4) VERSION:** Remove prepared portions needed and puree until smooth. Liquid and/or thickener may be added to achieve proper consistency. Serve over pureed rice per serving instructions in Level 5 recipe.

## NUTRITION

**Serving Size:**  
#10 scoop (about 1/2 cup) of both: stroganoff, & pureed pasta blend

**Calories:** 320

**Total Fat:** 22g

**Saturated Fat:** 7g

**Trans Fat:** 0g

**Cholesterol:** 45mg

**Sodium:** 790mg

**Total Carbs:** 20g

**Dietary Fiber:** 0g

**Total Sugars:** 3g

**Protein:** 11g

**Vitamin D:** 0% DV

**Calcium:** 4% DV

**Iron:** 8% DV

**Potassium:** 4% DV

## DIRECTIONS

1. Sauté mushrooms and onions in first amount of butter until tender. Add garlic and cook 1-2 minutes more.
2. Remove from pan and grind or puree in food processor. Set aside.
3. Melt second amount of butter in saucepan. Add flour and stir with wire whisk until flour is dissolved.
4. Add beef broth and Worcestershire sauce; whisk until blended.
5. Bring to boil, stirring constantly until mixture is thickened.
6. Add salt, pepper and sour cream; stir to blend.
7. Add thawed **THICK & EASY® Minced Ground Beef** (IDDSI Level 5), ground mushrooms and onions. Stir and heat until internal temperature reaches 165°F.
8. To serve: Portion 1/2 cup heated **THICK & EASY® Bulk Pureed Pasta** onto serving plate (see serving suggestions).
9. Top with one #10 scoop (scant 1/2 cup) beef stroganoff.

## SERVING SUGGESTIONS

**Pasta may be served in a variety of ways:**

1. Portion 1/2 cup onto plate and spread evenly.
2. Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate.
3. Place pasta in a pastry bag with desired tip and pipe onto plate.