



Dysphagia-Friendly Cocktail Meatballs





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IDDSI LEVELS   



NUTRITION

Serving Size:
4 meatballs

Calories: 240

Total Fat: 14g

Saturated Fat: 3.5g

Trans Fat: 0g

Cholesterol: 55mg

Sodium: 540mg

Total Carbs: 14g

Dietary Fiber: 0g

Total Sugars: 3g

Added Sugars: 0g

Protein: 17g

Vitamin D: 0% DV

Calcium: 0% DV

Iron: 6% DV

Potassium: 2% DV

INGREDIENTS

	1 SERVINGS	6 SERVINGS	12 SERVINGS
THICK & EASY® Texture-Modified Bread & Dessert Mix Item: 118519	2 Tbsp	3/4 cup	1 1/2 cups
Vegetable oil	1/2 Tbsp	3 Tbsp	6 Tbsp
Beef broth or water, hot	3 Tbsp	1 cup + 2 Tbsp	2 1/4 cups
THICK & EASY® Minced Beef , thawed Item: 114401	1/2 cup	1 11.9oz bag	2 11.9oz bags
Seasoning (salt, pepper, garlic powder, onion powder, oregano)	1/8 tsp each (as desired)	3/4 tsp each (as desired)	1 1/2 tsp each (as desired)
BBQ Sauce of choice	As needed	As needed	As needed

DIRECTIONS

1. Add vegetable oil to **THICK & EASY® Texture-Modified Bread & Dessert Mix** and stir until mixture resembles wet sand.
2. Add hot broth or water to bread mixture and stir briskly until blended.
3. Add thawed **Thick & Easy® Level 5 Minced Beef** and seasoning and stir to combine ingredients.
4. Portion meat mixture using a #40 scoop or measure about 2 tablespoons per meatball. Roll into balls and place on a pan lined with wax paper or parchment sprayed with non-stick cooking spray.
5. Cover with plastic wrap and chill for at least 30 minutes prior to serving. Meatballs may also be frozen and thawed prior to serving.

TO SERVE

- Gently heat meatballs to serving temperature.
- Top with BBQ sauce and hold for service at 135°F or higher.

NOTE: Before serving, always test for Level 5 using IDDSI guidelines. Add additional broth if meat mixture is too dry or crumbly; or add a small amount of Thick & Easy® Instant Food & Beverage Thickener if too wet or thin.