

LYONS
**THICK
& EASY**®





Pureed Pasta with Beef Marinara

IDDSI LEVELS **5**



INGREDIENTS

	1 Serving	6 Servings	12 Servings
THICK & EASY® Ground Beef - IDDSI Level 5 Ready (thawed) Item: 114401	1/2 cup	1 bag (4.46 lb)	2 bags (4.46 lb)
Prepared red sauce*, smooth	~1/4 cup	~1 1/2 cups	~3 cups
THICK & EASY® Bulk Pureed Thickened Pasta Blend Item: 114399	1/2 cup	3 cups	6 cups (1 1/2 quarts)
THICK & EASY® Instant Food Thickener Item: 07941	If needed	If needed	If needed

NUTRITION

Serving Size: ~2/3 cup
meat with sauce, 1/2
cup pureed pasta

Calories: 320

Total Fat: 19g

Saturated Fat: 4.5g

Trans Fat: 0g

Cholesterol: 55mg

Sodium: 630mg

Total Carbs: 21g

Dietary Fiber: 1g

Total Sugars: 5g

Added Sugars: 0g

Protein: 17g

Vitamin D: 0mg

Calcium: 4% DV

Iron: 20% DV

Potassium: 0% DV

DIRECTIONS

PER SERVING

1. Combine **THICK & EASY® Ground Beef** with red sauce and stir well.
2. Heat thoroughly to a minimum internal temperature of 165°F (if sauce separates from meat during heating, stir well and drain any excess fluid).
3. Keep hot for service at 135°F or higher.
4. Prepare **THICK & EASY® Bulk Pureed Thickened Pasta Blend** per package directions and hold for service.
5. To serve, portion 1/2 cup of pureed pasta onto serving plate.**
6. Top pasta with about 2/3 cup of beef & sauce mixture.
7. Garnish with grated parmesan cheese and finely minced parsley, if desired.
8. Before serving, always test for Level 5 using IDDSI guidelines. If need, add 1 tsp of **THICK & EASY® Instant Food & Beverage Thickener** per directions for each serving of meat with sauce.

RECIPE NOTES

*Make sure sauce does not have particulates and is pureed smooth before adding to beef.

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

- Portion 1/2 cup onto plate and spread evenly
- Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate for an easy spaghetti shape
- Place pasta in a pastry bag with desired tip and pipe onto plate