

LYONS  
THICK  
& EASY®

## Pureed Corned Beef & Cabbage





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## 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
<b>THICK &amp; EASY® Instant Food Thickener - TUB</b> 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
<b>THICK &amp; EASY® Instant Food Thickener - TUB</b> 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*