



Pureed Food Enhancer

DIRECTIONS

Vegetable Recipe:

- Cooked drained vegetables (1¼ qt)
 - Margarine (¼ cup)
 - Vegetable liquid or water (1 cup)
 - **Pureed Food Enhancer** (1 bag)
1. Blend cooked drained vegetables with margarine and liquid until smooth in texture
 2. Add **Pureed Food Enhancer** and blend briefly until mixed
 3. Pour mixture into an 8x8 baking pan coated with vegetable cooking spray
 4. Bake at 350°F for 35-40 minutes
 5. Let sit for 5-10 minutes before cutting/slicing

*For spinach, beets, green beans, whole-kernel corn and squash, reduce liquid by half

*For creamed corn do not add additional liquid. Sauces may be substituted for ½ amount of liquid

Meat Recipe:

- Cooked Meat (1lb. 14oz)
 - Broth, hot (1¼ qt)
 - **Pureed Food Enhancer** (2 bags)
1. Blend cooked meat with hot broth until smooth in texture
 2. Add **Pureed Food Enhancer** and blend briefly until mixed
 3. Pour mixture into an 8x8 baking pan coated with cooking spray
 4. Bake at 350°F for 35-40 minutes
 5. Let sit 5-10 minutes before cutting/slicing

*For breaded meat patties, use ¼ cup additional broth for every 5 servings

*Sauces/gravies may be substituted for ½ amount of broth or water

*For processed meats such as ham and hot dogs, use ¾ cups water in place of broth