

Hormel  
**THICK  
& EASY**

# Turkey Tetrazzini





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IDDSI LEVELS



## INGREDIENTS

	2 Serving	6 Servings	12 Servings
Butter	1 1/2 Tbsp	1/4 cup	1/2 cup
Dried, minced onion	1 tsp	1 Tbsp	2 Tbsp
Flour	2 tsp	2 Tbsp	1/4 cup
Chicken broth	2/3 cup	2 cups	4 cups
Heavy cream	1/3 cup	1 cup	2 cups
Turkey, cooked, finely ground	3 oz (cooked)	9 oz (cooked)	1 lb 2 oz (cooked)
Orzo pasta, cooked	1 cup (cooked)	3 cups (cooked)	6 cups (cooked)
Salt & pepper	To taste	To taste	To taste
Peas*	1/4 cup	3/4 cups	1 1/2 cups
Water	1 Tbsp	3 Tbsp	1/3 cup + 1 Tbsp
<b>THICK &amp; EASY® Instant Food and Beverage Thickener</b>	1/2 tsp	1 1/2 tsp	1 Tbsp
Breadcrumbs	1 1/2 Tbsp	1/4 cup	1/2 cup
Parmesan cheese (grated)	1 tsp	1 Tbsp	2 Tbsp

\*For convenience, use **THICK & EASY® Bulk Pureed Frozen Peas** instead of manually thickening peas with water and thickener. (Use 2 Tbsp of pureed peas per serving).

## NUTRITION

**Serving Size:** About 1 cup  
**Calories:** 490  
**Total Fat:** 26g  
**Saturated Fat:** 15g  
**Trans Fat:** 1g  
**Cholesterol:** 105mg  
**Sodium:** 760mg  
**Total Carbs:** 42g  
**Dietary Fiber:** 2g  
**Total Sugars:** 4g  
**Added Sugars:** 0g  
**Protein:** 21g  
**Vitamin D:** 4% DV  
**Calcium:** 4% DV  
**Iron:** 15% DV  
**Potassium:** 6% DV

## DIRECTIONS

- Melt butter in saucepan over medium heat. Add dried, minced onion and cook briefly until onion starts to soften.
- Add flour and stir well; continue stirring until mixture begins to boil.
- Stir in chicken broth and cream. Bring to boil and cook for 2 minutes, stirring frequently.
- Reduce heat and simmer for 3-4 minutes or until mixture starts to thicken, stirring occasionally.
- Season with salt and pepper to taste.
- Combine sauce with turkey and orzo; mix well.
- Pour into a casserole dish or pan(s) coated with cooking spray.
- Puree peas with water until smooth. Add **THICK & EASY® Instant Food & Beverage Thickener** and mix well. (or use **THICK & EASY® Bulk Pureed Frozen Peas**)
- Portion dollops of pureed peas over top of casserole in pan.
- Insert knife or spatula and pull through to gently swirl the mixture together.
- Mix together breadcrumbs and parmesan cheese and sprinkle over top of tetrazzini.
- Cover and bake at 350°F for 20-30 minutes or until bubbly (internal temperature must be 165°F or higher)
- Hold hot for service at 135°F.
- Portion 1 cup per serving.