



Dysphagia Friendly Beef & Broccoli Stir Fry





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IDDSI LEVELS **5** **6** **7**



NUTRITION

Serving Size:

1/2 cup pureed rice, 1/2 cup meat mixture, 1/3 cup (or 3 oz portion) pureed broccoli, 1 Tbsp additional sauce for garnish

Calories: 430

Total Fat: 20g

Saturated Fat: 6g

Trans Fat: 0g

Cholesterol: 55mg

Sodium: 1270mg

Total Carbs: 35g

Dietary Fiber: 1g

Total Sugars: 17g

Added Sugars: 11g

Protein: 18g

Calcium: 6% DV

Vitamin D: 0% DV

Iron: 10% DV

Potassium: 4% DV

INGREDIENTS

	1 SERVINGS	6 SERVINGS	12 SERVINGS
THICK & EASY® Level 5 Minced Beef , thawed Item 114401	1/2 cup	3 cups (1 bag)	1 1/2 quart (2 bags)
Low Sodium Stir Fry Sauce*	1/4 Cup	1 1/2 cups	3 cups
THICK & EASY® Pureed Bulk Broccoli , thawed Item 13055 OR THICK & EASY® Pureed Shaped Broccoli Portion , thawed & diced Item 26522	1/3 cup or 1 - 3 oz portion	2 cups or 6 - 3 oz portions	4 cups or 12 - 3 oz portions
Thick & Easy® Bulk Pureed Frozen Rice , thawed Item 114400	1/2 cup	3 cups	1 1/2 quarts
Low Sodium Stir Fry Sauce (for garnish)	As needed ~1 Tbsp.	As needed ~1 Tbsp. per serving	As needed ~1 Tbsp. per serving

*Regular stir fry sauce may be used but will double the milligrams of sodium per serving.

DIRECTIONS

1. Stir together thawed **THICK & EASY® Level 5 Minced Beef** and low sodium stir fry sauce. Heat to 165°F. (Always test for Level 5 using IDDSI guidelines. If needed, add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** to achieve desired consistency.)
2. Heat **THICK & EASY® Pureed Bulk Broccoli** or **THICK & EASY® Pureed Shaped Broccoli Portions** to 165°F per package instructions. (Add a small amount of **THICK & EASY® Instant Food & Beverage Thickener** if bulk broccoli seems too thin.)
3. Heat **THICK & EASY® IDDSI Level 4 Pureed Rice** to 165°F per package instructions.

TO SERVE

1. Portion 1/2 cup of pureed rice onto plate or bowl. (Use a handheld ricer to achieve a more realistic rice appearance.)
2. Portion 1/2 cup of meat mixture and 1/3 cup of pureed broccoli or 1 shaped broccoli portion (cut up) on top of rice. (Try portioning in 1 Tbsp dollops to achieve the appearance of beef cubes or broccoli pieces.)
3. Garnish with additional stir fry sauce.