

# *Food for Group Homes*

## *Table of Contents*

---

### **RECIPES INDEX**

Beef Hash

Main Dishes

Chicken Fried Steak Chicken Paprika Chicken

### **Main Dishes (continued)**

Tenders Chile Colorado Chile Verde

Citrus Chicken And Rice

Citrus Pork Chops

Classic Meatloaf

Country Pork And Noodles

Creamy Enchiladas Crunchy Fish & Fries

Dump Chili And Beans Easy Enchiladas

English Style Fish & Chips Fish Tostada

Green Pasta

Home-Made Hamburger Patties

Honey Baked Chicken

Lasagna American Style Magic

Basil-Tomato Pasta Mostaccioli With Meat Sauce

Old Fashioned Beef Stew

Sausage Omelet

Simple Beef Stew

Sweet & Sour Meatballs

Traditional Casserole

Vegetable Quesadillas

Zesty Chicken-Ziti Noodles

### **High Calories**

Enriched Cereal

Enriched Cereal Topping Enriched

Dairy-Free Coffee Latté Enriched Gravy

Enriched Peanut Butter Cup Pudding

Peanut Butter Balls

### **Salads**

Fruit And Yogurt Salad

Fruit Cup With Variations

Mixed Green Salad

Power Salad

Quick Potato Salad

Tomato - Garbanzo Salad

Waldorf Salad

### **Sandwiches**

Cuban Sandwich

Deviled Ham Sandwich

## Beverages

---

# APRICOT SMOOTHIE

**Servings: 6**

**Preparation Time: 30 minutes**

*Delicious and nutritious beverage. Get 2 fruit servings in one easy drink*

**MODIFIED TEXTURES:**

1) *Appropriate for nectar thick as written*

2) *For honey and pudding thick add thickener to desired consistency following manufacturer recommendations*

### **Ingredients**

**1 1/2 Cups Orange Juice**

**1 1/2 Cups Canned Apricots, chopped, seeded**

**1 1/2 Cups 2% Low-fat Milk**

**2 Each Bananas, diced**

### Method

1. In a blender or food processor, blend together all ingredients until smooth and well combined.

Serving Ideas: VARIATIONS:

1-Use different canned or fresh fruits

2-Bananas thicken the beverage, so if replacing bananas with other fruits the smoothie will be a thinner viscosity

---

Per Serving (excluding unknown items): 107 Calories; 1g Fat (11.9% calories from fat); 3g Protein; 22g Carbohydrate; 2g Dietary Fiber; 5mg Cholesterol; 38mg Sodium. Exchanges: 1 1/2 Fruit; 0 Non-Fat Milk; 0 Fat.

## Breakfasts

---

# BACON 'N EGGS

**Servings: 6**

**Preparation Time: 20 minutes**

*A traditional breakfast is a great way to start the day*

**MODIFIED TEXTURES:**

- 1) *For Mechanical Soft: Crumble cooked bacon in blender or food processor or by crushing between wax or paper towels with a rolling pin or ladle.*
- 2) *For Chopped Fine: Combine ingredients in food processor and pulse twice to a hamburger or finer consistency 2) May need to moisten with cream or cheese sauce*
- 3) *For Puréed: In food processor or blender process until smooth and not lumpy. May add hot milk until desired consistency is reached.*

*NOTE: If bacon does not puree well using your equipment omit bacon and use 1/2 teaspoon butter or oil per puréed serving*

**Ingredients**

**3 Slices American Reduced-fat Cheese Slices**

**1/8 Quart Skim Milk**

**3 Slices Bacon, cooked, drained & crumbled**

**6 Each Eggs**

**Method**

1. Cook the bacon crisp, drain & crumble. Reserve to add to eggs as you cook them.
2. Slightly beat eggs or use liquid pasteurized eggs and mix with the milk. No salt is needed - it is provided by the bacon and cheese.
3. In a hot pan cook scrambled eggs mixture, add crumbled bacon and stir until eggs are cooked through or to 145°F
4. Add sliced cheese, stirring to melt and mix thoroughly with eggs.
5. One portion = 1/3 cup OR 3 tablespoons

**Serving Ideas: VARIATIONS:**

- 1- Use cooked crumbled sausage meat instead of bacon
- 2- Use Swiss cheese instead of American
- 3- Top with 1 tablespoon mild salsa for a Southwestern taste

---

Per Serving (excluding unknown items): 127 Calories; 8g Fat (58.1% calories from fat); 10g Protein; 3g Carbohydrate; 0g Dietary Fiber; 220mg Cholesterol; 286mg Sodium. Exchanges: 1 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

## Desserts

---

# CHERRY CHOCOLATE BLOWOUT

**Servings: 6**

**Preparation Time: 1 hour 20 minutes**

*So simple to make - a great choice for a cooking class activity*

**MODIFIED TEXTURES:**

1) *For Mechanical Soft & Chopped: Process peanuts before adding to mix to chop fine in food processor or omit if cannot be tolerated or chewed*

2) *For Puréed: In food processor pulse until combined ingredients are smooth and not lumpy. May add cold milk or more whipped topping to soften mixture*

*NOTE: If nuts do not puree with your equipment omit from recipe and top with peanut butter instead*

**Ingredients**

**1/2 Package Brownie Mix, 21 1/2-ounce package**

**1/2 Can Cherry Filling and Topping, 21-ounce can - may substitute 2.5 lbs of dry cherries soaked in 1 cups room temperature water then drained**

**1/4 Cup Hot Fudge Topping, slightly warm**

**1 Tablespoon Chopped Peanuts**

**Method**

1. Prepare brownie mix according to package directions. In a 9X9X2 or 8X8X2-inch baking pans; spread batter evenly. Bake in a preheated 350°F oven 15 to 20 minutes, or until brownies are done. Do not overbake. Let cool.

2. Spread cherry filling evenly over cooled pan of brownies. Drizzle fudge topping over brownie cubes. Sprinkle with peanuts. Cut into squares.

3. One portion = one 3X3 inch square

**Serving Ideas: VARIATIONS:**

1- Use different berries

2- Use different nuts or nut butters

3- Bake as cupcakes

4- Omit nuts and top with your favorite nut butter before adding berry topping

5- Try sliced bananas instead

---

Per Serving (excluding unknown items): 223 Calories; 6g Fat (24.3% calories from fat); 2g Protein; 42g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat; 2 1/2 Other Carbohydrates.

# HUMMUS SPREAD

**Servings: 6**

**Preparation Time: 30 minutes**

*Pay attention to the order of ingredients if using Tahini. It's just as good with it or without it but the thickening and texture as well as nutty taste are slightly different*

**MODIFIED TEXTURES:**

1) *For Mechanical Soft: Serve as written*

2) *For Puréed: Serve as written*

## Ingredients

**2 Tablespoons Tahini, Optional - if omitted add 2 teaspoons olive oil**

**2 Tablespoons Lemon Juice, or more to taste**

**2 Tablespoons Olive Oil**

**1 Clove Garlic, large - or 1 teaspoon crushed or minced garlic (or more garlic to taste)**

**16 Ounces Canned Chickpeas**

**1 Pinch Salt, about 1/8th teaspoon - you can adjust to taste when done**

**1/8 Dash Pepper, about 1/8th teaspoon depending on taste**

**3 Tablespoons Water, for a much thinner product add a bit more water as desired**

**2 Tablespoons Olive Oil, in addition to adding to mixture use to top before serving**

**2 Teaspoons Paprika, sprinkle on top before serving or add directly into the mixture**

## Method

1. In food processor combine tahini & lemon juice. Process to mix to a creamy state. Scrape sides and process again if needed NOTE: if not using Tahini add an extra 1 - 2 tablespoons water until desired consistency is achieved
2. Add olive oil, crushed garlic and cumin, process to mix scraping sides as needed to mix
3. Drain garbanzos, rinse with water and shake dry.
4. Add half of the garbanzos into processor with the Tahini mixture and process for 1 - 2 minutes, scraping sides if needed.
5. Add remaining half of garbanzos and process for 2 - 3 minutes.
6. Taste and adjust salt and pepper as needed
7. If not smooth enough process until it's a creamy paste. If too thick add 2 - 3 tablespoons water.
8. Place into serving bowl. Pour olive oil and sprinkle with paprika.
9. Yield: 2 cups - One portion = 2 tablespoons or 1/4 cup

Serving Ideas: VARIATIONS:

- 1-Garnish with chopped parsley and/or oregano. Mint leaves add an unexpected and refreshing kick.
- 2-Serve on crackers, with vegetables or salads or as a dip, or make into soft delicious sandwiches
- 3-When making into sandwiches add chopped fresh spinach for added crunch and nutrition
- 4-Try it over pancakes for a savory weekend lunch
- 5-Serve with pita bread strips or wedges, toasted pita bread or chips, crackers, bread sticks, toast, or with vegetables for dipping.

NOTE: May omit Tahini for a less nutty, less creamy product and increase olive oil by 2 tablespoons

---

Per Serving (excluding unknown items): 204 Calories; 13g Fat (54.3% calories from fat); 5g Protein; 19g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 255mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

# BAKED CRANAPPLE TURKEY

**Servings: 6**

**Preparation Time: 26 hours**

*Good for a Thanksgiving or holiday feast or to have for a family dinner and slice the rest for sandwiches during the week.*

**MODIFIED TEXTURES:**

- 1) *For Mechanical Soft: Chop desired portions using a hand chopper or in food processor pulsing 3 times*
- 2) *For Puréed: Place desired portions into food processor and purée until smooth. May add hot broth if needed to thin*

## Ingredients

**1 1/2 Pounds Boned Turkey Breast, raw**

**1 Tablespoon Rosemary**

**1 Tablespoon Sweet Basil**

**1 Tablespoon Sage**

**Brine**

**1 Quart Cranberry Juice**

**1 Quart Apple Juice, From Frozen Concentrate**

## Method

### TWENTY FOUR HOURS PRIOR TO COOKING

1. Place thawed boned turkey breast, rosemary, and sweet basil in a one gallon zip lock bag. Add Cranapple juice to fill. Seal bag and agitate to move and mix spices over roast. Place bag in refrigerator, turning occasionally to spread the spice mixture around. **MUST STORE AT 41°F OR BELOW FOR SAFETY**

### HALF HOUR BEFORE COOKING

1. Remove roast from marinade and drain.
2. Cook turkey roast in a 350°F oven until a meat thermometer indicates an internal temperature of 180°F. Remove roast from oven heat and let sit for fifteen minutes before slicing.
3. Cut into 1 ounce slices each.
4. This yields enough for leftovers to use at another meal or in sandwiches. To store remainder seal tightly, label and refrigerate for up to 3 days or freeze for up to 3 months
5. One 2 ounce portion = 2 slices; one 3 ounce portion = 3 slices

Serving Ideas: **VARIATIONS:**

- 1- Add different seasonings, herbs and spices. **DO NOT** add more salt
- 2- Try recipe with a whole chicken
- 3- Preparation time includes the 24 hours brining time plus cooking

---

Per Serving (excluding unknown items): 291 Calories; 4g Fat (11.4% calories from fat); 21g Protein; 43g Carbohydrate; 1g Dietary Fiber; 39mg Cholesterol; 387mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 2 1/2 Fruit; 0 Fat.

# CREAMY ENCHILADAS

**Servings: 6**

**Preparation Time: 1 hour 45 minutes**

*Easy low fat enchiladas that taste good and are good for you*

**MODIFIED TEXTURES:**

- 1) For Mechanical Soft: cut into small bite size pieces or pulse 3 - 4 times in a food processor
- 2) For Puréed: process to smooth purée adding hot liquid as needed to thin

## Ingredients

**12 Each Corn Tortillas**

**1 Tablespoon Vegetable Oil**

**1 Cup Enchilada Sauce, canned, mild**

**1 Cup Diced Tomatoes, with juice**

**1 Cup Cream of Chicken Soup, Condensed, reduced fat**

**1/2 Cup Skim Milk, or use skim evaporated milk**

**2 Cups Chicken Breast Half Without Skin, diced**

**1 Cup Black Beans, may cook dry beans or leftover, or drained and rinsed canned beans**

**1/2 Cup Cheddar Cheese, Lowfat, may substitute any preferred white, white and yellow or Mexican style cheese**

## Method

1. Mix diced tomatoes, cream of chicken soup and milk. Stir on low to keep from lumping and set aside.
2. Cook meat. Set aside and keep warm until needed.
3. Lightly oil tortillas and warm wrapped in a damp towel to prevent drying. Warm enchilada sauce slightly to about 120°F. Place tortilla in baking pan spread coat with 1 tsp enchilada sauce and add filling. Do not overfill.
4. Roll and turn enchilada seam down. Repeat process until all enchiladas are rolled.
5. Mix remaining enchilada sauce with the diced tomatoes, cream of chicken soup and milk mixture that you've kept warm and pour over enchiladas. Top with shredded cheese
6. Cover lightly with foil and bake at 325°F for 15 to 20 minutes until enchiladas are hot and cheese melted
7. One portion = 2 enchiladas

Serving Ideas: VARIATIONS:

1- May use ground, diced or shredded meats

2- For variety use beef, turkey, pork or fish.

3- If making ahead or using leftover meat refrigerate at 41°F then reheat to 165°F for 15 seconds before using

4- Reserve some, heat again and ladle on top of the enchiladas when serving

5. ALTERNATE PREPARATION METHOD: Layer tortillas, sauce, meat and cheese in alternating layers ending with cheese and sauce on top. Bake

GARNISHES:

1- LOW FAT: cilantro, chopped onions or green onion tops, fat free plain yogurt

2- MODERATE FAT: chopped black olives, guacamole, avocado slices or low fat sour cream or plain yogurt

---

Per Serving (excluding unknown items): 428 Calories; 12g Fat (25.5% calories from fat); 30g Protein; 51g Carbohydrate; 8g Dietary Fiber; 55mg Cholesterol; 573mg Sodium. Exchanges: 3 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 2 Fat.

# CRUNCHY FISH & FRIES

**Servings: 6**

**Preparation Time: 1 hour 40 minutes**

*Crispy breaded fish with a flare of Italian flavor served with a side of fried potatoes, Marinara sauce or vinegar*

**MODIFIED TEXTURES:**

1) *For Mechanical Soft & Chopped: Flake fish & fork mash fries; or dice all food in bite size pieces.*

2) *For Finely Chopped: flake fish fine or run for 2 pulses in food processor; pulse fries in the food processor 5 -6 times*

2) *For Purée: Place portions of fish in food processor and pulse until pureed to smooth consistency. May add hot tartar sauce to smooth out and thin further, or if preferred, hot milk or broth. For fries pulse the food processor to a smooth adding hot broth or milk to thin if needed*

## Ingredients

**1 Tablespoon Cornflake Crumbs**

**1 Tablespoon Parmesan Cheese, grated**

**2 Each Eggs, beaten**

**1 Tablespoon Nonfat Milk, or may use undiluted skim evaporated milk**

**1/2 Cup Flour**

**1/2 Teaspoon Salt, to taste & optional**

**1/4 Teaspoon Black Pepper, to taste & optional**

**1 Tablespoon Vegetable Oil, to coat baking pans**

**6 4-ounce Fish Fillets**

**3 Cups French Fries, frozen**

**1 Tablespoon Marinara Sauce, to dip fish in**

**1 Tablespoon Tartar Sauce, to dip fish in**

## Method

1. Mix crushed cornflakes and Parmesan in a shallow baking dish. In a separate dish mix flour with salt and pepper. In a separate bowl beat eggs and milk to mix.
2. Dredge the fish filets in flour, shaking excess. Dip in the eggs and then coat with cornflake mixture.
3. Place in an oiled or parchment lined baking sheet and bake on the bottom rack at 450°F for 15 minutes or until fish flakes when tested with a fork.
7. Place the fries in a second greased or lined baking sheet and place on the top rack of the oven. When the fish is done, leave fries in until golden and crisp for another 5 minutes if needed
8. One portion = 1 piece of fish, 1/2 cup fries and the desired sauces

Serving Ideas: VARIATIONS:

- 1- Serve fish and fries with tartar sauce or cocktail sauce.
- 2- If desired may purchase frozen battered fish and prepare in oven according to package directions.
- 3- Skip the fries and serve the fish in a hamburger bun for a great sandwich

**HINT:** Use one hand for dry (coatings) and the other hand for wet (milk, egg for dipping) to avoid a sticky mess in your hands

---

Per Serving (excluding unknown items): 559 Calories; 24g Fat (39.0% calories from fat); 29g Protein; 55g Carbohydrate; 5g Dietary Fiber; 122mg Cholesterol; 550mg Sodium. Exchanges: 3 1/2 Grain(Starch); 3 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat.

## BAKED BUTTERNUT SQUASH

**Servings: 6**

**Preparation Time: 1 hour**

*A sweet vegetable dish loved by everyone. Great way to get someone to eat vegetables.*

**MODIFIED TEXTURES:**

1) *For Mechanical Soft: Chop desired portions using a hand chopper or in food processor pulsing 3 times*

2) *For Puréed: Place desired portions into food processor and purée until smooth. May add hot broth if needed to thin*

### **Ingredients**

**3 Medium Butternut Squash**

**1/3 Cup Applesauce**

**1/3 Cup Maple Syrup**

**1/3 Cup Molasses**

**3/4 Cup Orange Juice**

**3/4 Teaspoon Ground Ginger**

**1 Tablespoon Ground Cinnamon**

### **Method**

1. Peel squash, cut in half and remove seeds and attached stringy pulp.
2. Cut squash into slices about 1/2-inch thick and arrange in baking dish.
3. Mix remaining ingredients. Pour over squash.
4. Cover tightly and bake at 350°F degrees for 60 minutes or until squash is tender.

**Serving Ideas: VARIATIONS:**

1- For a more savory dish skip the maple syrup and molasses

2- For low concentrated sweets use sugar free syrup and molasses

---

Per Serving (excluding unknown items): 506 Calories; 1g Fat (1.6% calories from fat); 9g Protein; 131g Carbohydrate; 15g Dietary Fiber; 0mg Cholesterol; 43mg Sodium. Exchanges: 6 Grain(Starch); 1/2 Fruit; 0 Fat; 1 1/2 Other Carbohydrates.

## BEANS AND RICE

**Servings: 6**

**Preparation Time: 1 hour 45 minutes**

*A meal in one for lunch or dinner. Just add a salad or cooked vegetable to complete*

**MODIFIED TEXTURES:**

1) *For Mechanical Soft: Serve as is*

2) *For Puréed: process until smooth purée adding hot bean gravy or broth to thin if needed*

### Ingredients

**1 Tablespoon Oil**

**3/4 Teaspoon Salt, or as needed**

**1/2 Teaspoon Pepper**

**3/4 Cup Onions, chopped, or substitute 1 tablespoon onion salt**

**3/4 Cup Green Pepper, chopped**

**1 Stalk Celery, chopped**

**1 1/2 Each Carrot Slices, fresh sliced**

**1 1/2 Each Tomato, Whole, mash or chop**

**3 Cups Beans, canned, rinsed, drained**

**3 Cups Broth, reduced sodium**

**1 Each Bay Leaf, Whole, REMOVE BEFORE SERVING**

**3 Cups Cooked Rice, may use brown or white rice**

### Method

1. Heat oil and add all the chopped vegetables and seasonings. Sauté until tender.
2. Add tomato and sauté mashing as it cooks, then mixing well with the other vegetables
3. Add beans and water, then simmer until flavors blended and vegetables tender.
4. Serve over rice.
5. One portion = 1 cup or 8 ounces; half cup rice & 1/2 cup beans with gravy

Serving Ideas: VARIATIONS:

- 1- Mix rice and beans before serving and reheat
- 2- Try seasoning with small pieces of cured meat or dry fish such as cod instead of using salt
- 3- Add greens such as spinach or kale for a more nutritious dish
- 4- Great with sliced avocados on the side
- 5- Try it with barley instead of rice for a nice change and even more nutrients
- 6- Make a double batch and freeze half for another meal. May keep frozen for up to 3 months
- 7- For a lower sodium meal cook dry beans from scratch and use instead of canned beans for this recipe

---

Per Serving (excluding unknown items): 516 Calories; 4g Fat (7.0% calories from fat); 27g Protein; 95g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 298mg Sodium. Exchanges: 6 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

## Sandwiches

---

# MEAT OR FISH SALAD SANDWICH

**Servings: 6**

**Preparation Time: 30 minutes**

*Spicy crunchy meat sandwich with healthy greens.*

**MODIFIED TEXTURES:**

- 1) *For Mechanical Soft and Chopped: Cut sandwich into bite size pieces*
- 2) *For Finely Chopped: Place prepared sandwich in the food processor and pulse 4 to 6 times or until pea size pieces. May add cold broth or milk to moisten*
- 3) *For Puréed: Pulse 6 to 10 times in the food processor to a smooth purée. May add cold broth or milk to moisten*

### Ingredients

- 12 Ounces Cooked Turkey, diced turkey, chicken, ham, tuna or tofu**
- 1 Teaspoon Dry Parsley Flakes, chopped**
- 1 Tablespoon Onion, chopped or may use green bell pepper also**
- 1 Tablespoon Red Pepper, chopped**
- 1 Tablespoon Celery, chopped**
- 1 Cup Light Mayonnaise**
- 1 Tablespoon Mustard**
- 1/4 Cup Spinach Raw, chopped**
- 12 Slices Whole Grain Bread**

### Method

1. Mix first 8 ingredients in bowl and toss to coat meat and vegetables well
2. Prepare sandwiches portioning a #10 scoop (3 oz.) of filling on bottom slice
3. Top with spinach, arugula or lettuce. Cover with second slice
4. Press down to hold filling together and cut on the diagonal
5. Cover tightly and store in refrigerator at 41°F until serving
6. May vary raw vegetables and meats added according to preference

Serving Ideas: VARIATIONS:

- 1- As a protein salad skip the bread and serve a scoop over lettuce and tomato
- 2- Use your favorite of bun or roll instead of bread
- 3- Add a slice of cheese to the sandwich and grill on both sides until cheese is melted and bread lightly toasted
- 4- Don't limit yourself to turkey, use any cold meats or fish appropriate for a salad or sandwich

---

Per Serving (excluding unknown items): 409 Calories; 16g Fat (33.2% calories from fat); 25g Protein; 46g Carbohydrate; 6g Dietary Fiber; 56mg Cholesterol; 709mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 2 Fat; 1/2 Other Carbohydrates.

## TOMATO - GARBANZO SALAD

**Servings: 6**

**Preparation Time: 45 minutes**

*A different salad with a hint of the Mediterranean*

**MODIFIED TEXTURES:**

- 1) *For Mechanical Soft: pulse in the food processor 2 - 3 times*
- 2) *For Puréed: in food processor process to a smooth purée*

### **Ingredients**

- 2 Cups Canned Diced Tomatoes, with juice**
- 2 Teaspoons Olive Oil, or may use vegetable oil**
- 1 Can Garbanzo Beans, 15-ounce rinsed, drained**
- 1 Tablespoon Garlic Powder**
- 1 Tablespoon Ground Thyme**
- 1 Tablespoon Balsamic Vinegar**
- 1 Tablespoon Green Onion, sliced or dice small**

### Method

1. In a large bowl mix all ingredients to mix well
2. Refrigerate at 41°F until chilled. Do not drain before serving
3. One portion = 1/2 cup with the dressing

### Serving Ideas: VARIATIONS:

- 1- Use any other type of legume instead of garbanzos
- 2 - Served hot makes a good side dish
- 3 - As a salad served on a bed of lettuce
- 4- Toss in diced avocados before serving

---

Per Serving (excluding unknown items): 162 Calories; 4g Fat (19.1% calories from fat); 8g Protein; 26g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

## Single Ingredients

---

# BBQ DIPPING SAUCE

**Servings: 6**

**Preparation Time: 10 minutes**

*Just a sauce for dipping*

**MODIFIED TEXTURES:**

- 1- *Serve as written for all textures*
- 2- *Pour over ground and pureed food as a topping*

### **Ingredients**

**1 Cup Barbecue Sauce**

**1 Teaspoon Honey**

**1 Tablespoon Prepared Mustard**

**1 Teaspoon Worcestershire Sauce**

### Method

1. Mix all ingredients and serve warm
2. Stores in covered glass container at 41°F for up to 3 months

Serving Ideas: VARIATIONS & IDEAS:

- 1- Instead of BBQ sauce use Ketchup or tomato sauce - it will be a milder flavor
- 2- Brush on meats before cooking
- 3- Use Soy Sauce instead of Worcestershire sauce for an Asian twist

---

Per Serving (excluding unknown items): 37 Calories; 1g Fat (20.5% calories from fat); 1g Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 379mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.

## Sandwiches

---

# BBQ BEEF SPOONOVERS

**Servings: 6**

**Preparation Time: 25 minutes**

*The easiest Sloppy Joe recipe available anywhere. A little messy but so delicious!*

**MODIFIED TEXTURES:**

- 1) *For Mechanical Soft & Chopped: Cut into bite size pieces or Place sandwich in food processor & pulse twice for ground texture*
- 2) *For Purée: In food processor or blender process until smooth and not lumpy. May add hot liquid until desired consistency is reached.*

### **Ingredients**

**1 1/2 Pounds Lean Ground Beef**

**1/4 Cup Chopped Onion**

**1/4 Cup Chopped Green Bell Pepper**

**1 Cup Tomato Sauce, or**

**1 Tablespoon Brown Sugar**

**2 Teaspoons Worcestershire Sauce**

**3/8 Teaspoon Pepper, or to taste**

**6 Each Hamburger Buns**

### Method

1. Sauté ground beef with onion and green pepper until lightly browned. Drain off excess fat.
2. Add all remaining ingredients. Mix well and simmer for 15 minutes. Spoon onto hamburger buns.

Serving Ideas: VARIATIONS:

- 1- Serve over toast instead of in buns
- 2- Serve with rice, barley or pasta for a nice change
- 3- Double the recipe and freeze half for another meal. May freeze for up to 3 months

---

Per Serving (excluding unknown items): 446 Calories; 26g Fat (52.8% calories from fat); 24g Protein; 27g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 583mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.

## EQUIPMENT SUPPLIES SUGGESTED LIST

### Cooking and Baking equipment

- Oblong baking pan
- 1 timer
- Hot dish holders – well padded, at least 4
- 2 long handled serving/stirring spoons
- 2 ladles
- 2 long handled forks
- 2 flat turning spatulas
- Baking pans, 3 square 8X8
- Baking sheets – 3
- Cooking pots to include:
  - a) 2 sauce pans, large & small
  - b) 1 soup deep or soup pot
  - c) 1 sauté or fry pan
  
  - d) 1 steamer pot for vegetables
  - e) Toaster oven or toaster (the toaster oven is more versatile)

## **THICKENER MIXING GUIDELINES CHART**

*Guidelines for thickening hot and cold beverages and pureed foods*

<b>TOTAL AMOUNT</b>	<b>1 – 4 oz serving</b>		
Liquid type & quantity	Nectar	Honey	Pudding
Water	1 tb + 1 tsp	1 ½ tb	2 tb
Apple juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Cranberry juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Orange juice	2 ½ tsp	1 tb + 1/2 tsp	1 ½ tb
Prune juice	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Carbonated sodas	1 tb	1 tb + 1 tsp	1 tb + 2 tsp
Tomato or Vegetable Juice	1 tsp	1 ½ tsp	2 tsp
Lemonade, punch	1 tb	1 tb + 1 tsp	1 tb + 1 tsp
Coffee, Tea (no milk or cream)	1 TB + 1 tsp	1 ½ TB	2 TB
Broth	1 tb + 1 tsp	1 ½ tb	2 tb
Milk, non-fat or Skim	1 TB + 1 tsp	1 ½ TB	2 TB
Milk, low-fat or 2%	2 ½ tsp	1 TB + ½ tsp	1 ½ TB
Nutritional supplement	2 ½ tsp	1 tb + ½ tsp	1 ½ tb

### GENERAL MIXING DIRECTIONS:

1. Add the amount of thickener needed by recipe to the measured amount of liquid. Whip with fork or whisk 10 to 20 seconds
2. Let it sit for 2 to 4 minutes to settle and thicken
3. Always follow the manufacturer guidelines and mixing directions.
4. Adjust as needed to reach the desired viscosity for each product
5. If mixing ahead and storing for up to 3 days the liquids will continue to thicken
6. Hot and cold liquids may need slightly different amounts of thickener; hot liquids will remain thinner

## FINGER FOOD PREPARATION GUIDELINES

### REGULAR, SOFT & MECHANICAL SOFT FINGER FOODS

<b>BREADS AND CEREALS</b>	<b>MEATS</b>	<b>VEGETABLES</b>
<p>Cooked cereal in mug            Large size dry cereal (shredded mini-wheat, "O" shapes, honey flavored, French toast flavored)            Cereal bars, pop tarts            Donuts, Danish, coffee cake, muffins            Pancakes buttered and rolled w/syrup in cup for dunking.            French toast or waffles cut in strips w/syrup in cup for dunking.            Toast, rolls, biscuits            Crackers &amp; cookies            Bread pudding, firm &amp; cut into small cubes or bars.            Soft tortillas</p>	<p>Thinly sliced or cubed tender meats, or pre-formed ground or extruded meat patty products.            Sausage patties or links.            Hot dogs sliced lengthwise four ways.            Hard cooked eggs in quarters or deviled egg halves.            Gravy on the side for dunking.  <u>For sandwich fillings:</u>            Thinly sliced meats            Ground fillings mixed with dressing or gravy            Pate or spread type fillings.  <u>All meats:</u>            Gravy, sauce, dressings or broth in cup for dunking</p>	<p>Cooked or soft vegetables either whole, in chunks, strips or quarters.            Creamed and pureed vegetables in mug (soup)            Salad ingredients chopped fine and gelled, cut into cubes            Vegetable juices            Raw vegetable sticks if tolerated.</p>
<b>FUITS</b>	<b>DESSERTS</b>	
<p>Drained, canned fruits, whole, diced or sliced.            Cooked or soft fresh fruits either whole, in chunks, strips or quarters.            Fruit smoothies in mug            Fruit juice            Fruit juice popsicles            Pureed fruits spread on graham crackers or in waffle type ice cream cone</p>	<p>Plain cookies and cakes            Fruit and cereal bars            Graham crackers filled with pureed fruits or puddings.            Ice cream sandwich, ice cream on a stick (Eskimo bars)            Popsicles            Puddings, pureed fruits in waffle type ice cream cone.</p>	

# INGREDIENTS CATEGORIES

## Cereals

- Cream of rice
- Cream of wheat
- Rolled oats
- Unsweetened whole grain cereals
- such as cheerios, rice or corn
- checks

## Miscellaneous

- All-purpose flour (to thicken gravy)
- Vegetable oil

## Condiments

- Jelly
- Ketchup
- Mayonnaise
- Mustard

## Milks & Beverages

- Evaporated milk
- Powdered skim milk
- Shelf stable boxed milk (Parmalat)
- Instant breakfast mix
- Tea bags –decaf

## Dessert mixes

regular and sugar free

- Gelatin
- Pudding

## Vegetables, canned

- Carrots
- Canned peas or green beans
- Mixed vegetables

## Fruits & Juice

- Canned or boxed individual portion
- juices
- Canned mixed fruit, pears, peaches,
- applesauce

## Soups, canned

- Reduced sodium chicken and beef
- broth
- Reduced sodium: mushroom,
- tomato, chicken noodle or chicken
- rice, vegetable soups

## Meats & proteins

- Chicken in broth, canned
- Tuna in water, canned
- Peanut butter – creamy

## Seasonings

- Assorted herbs: oregano, cumin,
- paprika, , basil
- Salt, pepper, chili powder, garlic
- powder, onion powder

## FINGER FOOD PREPARATION GUIDELINES

### SAMPLE FINGER FOOD MENU

<b>REGULAR</b>	<b>MECHANICAL SOFT</b>	<b>PURÉED</b>
Juice Hot Cereal Hard Poached Egg Sausage Toast, Butter, Jelly Milk	Juice or Popsicle Dry Cereal <i>or</i> Cereal Bar <i>or</i> Hot Cereal in Mug Hard Cooked Egg Wedges Sausage Link Toast, Butter Milk	Juice Hot Cereal in Mug Pureed Egg Wedges Pureed Sausage Cubes Bread, Butter ( <i>as tolerated</i> ) Milk
Roast Beef Gravy Mashed Potatoes Carrots Roll, Butter Apple Pie Milk	Roast Beef Strips Gravy cup for dunking Potato Wedges Cooked Carrot Sticks Roll, Butter Apple Turnover or Bar or Apple Slices ( <i>as tolerated</i> ) Milk	Puréed Roast Beef Strips Gravy cup for dunking Mashed Potato & Pureed Carrots Smoothie in Mug Bread, Butter ( <i>as tolerated</i> ) Slushy Applesauce Milk
Macaroni & Cheese Stewed Tomatoes Green Salad w/ Dressing Cornbread, Butter Chilled Pears Milk	Macaroni & Cheese Roll Up <i>or</i> Cheese & Crackers <i>or</i> Grilled Cheese Sandwich Chopped Drained Tomatoes on Toast <i>or</i> Tomato Juice Chunks of Lettuce, Cucumber, Steamed Celery Sticks with Dressing cup for dunking Cornbread-Butter Drained Pear Wedges Milk	Puréed Macaroni & Cheese Sandwich <i>or</i> Cheese Strata Thickened Puréed Stewed Tomato Cubes Thickened Puréed Green Salad Cubes Cornbread, Butter ( <i>as tolerated</i> ) Slushy Pear Purée Milk