

Pureed Meats (2 oz servings*)

Ingredients (Number of Servings)	MEAT/EGGS, COOKED			LIQUID*			RESOURCE® ThickenUp® POWDER			SCOOP SIZE PER SERVING
	10	20	30	10	20	30	10	20	30	
Chicken	1 1/4 lb	2 1/2 lb	3 3/4 lb	1 1/3 C	2 2/3 C	1 qt	2 T + 2 tsp	1/3 C	1/2 C	#12
Ham	1 1/4 lb	2 1/2 lb	3 3/4 lb	2/3 C	1 1/3 C	2 C	1 T + 2 tsp	3 T + 1 tsp	1/4 C + 1 T	#16
Roast Pork	1 1/4 lb	2 1/2 lb	3 3/4 lb	1 1/3 C	2 2/3 C	1 qt	2 T + 2 tsp	1/3 C	1/2 C	#12
Fish	1 1/4 lb	2 1/2 lb	3 3/4 lb	2/3 C + 1/4 C marg.	1 1/4 C + 1/2 C marg.	1 3/4 C + 1/2 C marg.	1 T + 2 tsp	3 T + 1 tsp	1/4 C + 1 T	#12
Roast Beef	1 1/4 lb	2 1/2 lb	3 3/4 lb	1 1/3 C	2 2/3 C	1 qt	1 T + 2 tsp	3 T + 1 tsp	1/4 C + 1 T	#12
Scrambled Eggs	10 eggs	20 eggs	30 eggs	1/2 C	1 1/2 C	1 1/2 C	2 T	1/4 C	1/3 C + 2 tsp	#16

BASIC DIRECTIONS:

1. Puree cooked meat/scrambled eggs with hot liquid until smooth in texture.
2. Add **RESOURCE® ThickenUp®** powder. Process briefly until mixed, scraping sides of bowl.
3. Pour into steamtable pan. Cover and heat to 165° F.

*Recommended Liquid

Beef: Beef Broth or Stock

Ham: Pineapple Juice or Water

Roast Pork: Broth or Apple Juice

Fish: Fish Stock or Chicken Broth with Lemon Juice

Chicken: Chicken Broth or Stock

Eggs: Milk

*Note: Measurements of liquid and RESOURCE® ThickenUp® powder may be adjusted to achieve desired consistency.

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