



IDDSI Level 4/5 Beef Stroganoff



IDDSI Level 4/5 Beef Stroganoff



IDDSI LEVEL 4 5 6 7

INGREDIENTS

	6 Servings	12 Servings
Butter	1 Tbsp	2 Tbsp
Fresh mushroom, Sliced	3 oz.	6 oz.
Onions, diced	1/2 cup	1 cup
Garlic, minced	1/2 tsp	1 tsp
Worcestershire sauce	1 tsp	2 tsp
Butter	1 Tbsp	2 Tbsp
Flour	2 Tbsp	1/4 cup
Beef Broth	1 1/2 cups	3 cups
Salt	1/2 tsp	1 tsp
Black Pepper	1/4 tsp	1/2 tsp
Sour Cream	1/2 cup	1 cup
THICK & EASY® Minced Ground Beef - Level 5 Ready Item: 114401	~ 1 1/2 cups	~ 3 cups
THICK & EASY® Bulk Pureed Pasta - IDDSI Level 4 Item: 114399	3 cups	6 cups

NUTRITION

Serving Size:
#10 scoop (about 1/2 cup) of both: stroganoff, & pureed pasta blend

Calories: 320

Total Fat: 22g

Saturated Fat: 7g

Trans Fat: 0g

Cholesterol: 45mg

Sodium: 790mg

Total Carbs: 20g

Dietary Fiber: 0g

Total Sugars: 3g

Protein: 11g

Vitamin D: 0% DV

Calcium: 4% DV

Iron: 8% DV

Potassium: 4% DV

PUREED (LEVEL 4) VERSION: Remove prepared portions needed and puree until smooth. Liquid and/or thickener may be added to achieve proper consistency. Serve over pureed rice per serving instructions in Level 5 recipe.

DIRECTIONS

- Sauté mushrooms and onions in first amount of butter until tender. Add garlic and cook 1-2 minutes more.
- Remove from pan and grind or puree in food processor. Set aside.
- Melt second amount of butter in saucepan. Add flour and stir with wire whisk until flour is dissolved.
- Add beef broth and Worcestershire sauce; whisk until blended.
- Bring to boil, stirring constantly until mixture is thickened.
- Add salt, pepper and sour cream; stir to blend.
- Add thawed **THICK & EASY® Minced Ground Beef** (IDDSI Level 5), ground mushrooms and onions. Stir and heat until internal temperature reaches 165°F.
- To serve: Portion 1/2 cup heated **THICK & EASY® Bulk Pureed Pasta** onto serving plate (see serving suggestions).
- Top with one #10 scoop (scant 1/2 cup) beef stroganoff.

SERVING SUGGESTIONS

Pasta may be served in a variety of ways:

- Portion 1/2 cup onto plate and spread evenly.
- Serve straight from the bag by making a very small snip in the corner of the bag and pipe onto plate.
- Place pasta in a pastry bag with desired tip and pipe onto plate.