



Some Good-Tasting Soft, Thick Food Combinations



Apples and Beets

Blend or puree:

16-oz. Jar applesauce

½ can beets

1 tsp. Butter (optional)

1 tbsp. Sugar

Optional seasonings: cardamom, nutmeg, cinnamon, ginger

Sweet Potato and Carrots

Blend or puree:

2 large sweet potatoes (peeled and cooked)

3 medium carrots (peeled and cooked)

1 tsp. Sugar

a few dashes nutmeg

1 tbsp. nondairy creamer or 3 tbsp. vanilla yogurt or Sustacal (optional)

Pears and Parsnips

Blend or puree:

2 large parsnips (boiled until soft)

1 cup canned pears

¼ cup Ensure, yogurt or 2 tsp. nondairy creamer, plus 2 dashes all spice

Broccoli and Spinach

Combine:

1 box frozen chopped broccoli

½ box frozen chopped spinach

1 small onion

1 medium potato

1 to 2 cups (not salty) chicken broth seasoned with nutmeg

Cook all the above in chicken stock; blend or mash together. Add stock until desired thickness occurs.



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Meat and Potatoes

Mix:

½ lb. crumbled ground cooked beef or turkey

2 potatoes, boiled and mashed

1 small can mushrooms sauteed in butter or ½ cup canned gravy

Garlic powder for flavor