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# **Healthier Kansas Menu**



## **BASIC PUREE RECIPES**

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Child Nutrition & Wellness, Kansas State Department of Education - 2011

# Healthier Kansas Menus – BASIC PUREE RECIPES



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Healthier Kansas Menus pureed recipes were developed by Child Nutrition & Wellness, Kansas State Department of Education or adapted from the following sources:

- *Diet Manual*, Becky Dorner & Associates, 2002.
- *Patient Education Materials, Supplement to the Manual of Clinical Dietetics*, Third Edition, American Dietetic Association, Shield J., MEd, RD, Mullen, M., MS, RD, 2001.
- *Puree Pizzazz*, Becky Dorner & Associates, 1997

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# Basic Recipe for Pureed Fruit

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Fruit

HACCP: #1 No Cook

Recipe Source: *Puree Pizzazz*,  
adapted by KSDE

Ingredients	Servings				Directions
	1	5	10	15	
Drained Fruit	½ cup	2 ½ cups	5 cups	7 ½ cups	<ol style="list-style-type: none"> <li>1. Drain fruit well and measure.</li> <li>2. Place in blender or food processor and puree until smooth consistency.</li> <li>3. Portion into small bowls and chill well prior to serving.</li> <li>4. Hold at 41° F or colder.</li> </ol>

Serving Size	1 Serving Provides
#12 scoop	0.5 F/V

**Disclaimer:** Avoid all foods with nuts or seeds, stringy food such as celery or onions, and foods with a tough skin such as dried beans, peas, or corn. These foods do not puree well.

# Basic Recipe for Pureed Vegetables

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**Vegetables**

**HACCP: #2 Same Day Service**

**Recipe Source: *Puree Pizzazz*,  
adapted by KSDE**

Ingredients	Servings				Directions
	1	5	10	15	
Vegetables, cooked (from fresh or frozen) or canned, drained	½ cup	2 ½ cups	5 cups	7 ½ cups	<ol style="list-style-type: none"> <li>1. Drain vegetable well, reserve liquid.</li> <li>2. Place in blender or food processor and puree until smooth.</li> <li>3. Add ½ of liquid and puree.</li> <li>4. Add bread and puree.</li> <li>5. Add additional liquid slowly, blending after each addition until a mashed potato consistency is achieved.</li> <li>6. Heat to serving temperature of 165° F or above.</li> <li>7. Hold for service above 135° F.</li> </ol>
Vegetable Juice or Liquid from drained vegetables	2 Tbsp	⅔ cup	1 ¼ cups	1 ¾ cups	
51% Whole Wheat Bread, 1 oz slice	½ slice	2 ½ slices	5 slices	7 ½ slices	

Serving Size	1 Serving Provides
#8 scoop	0.5 F/V + 0.5 G/B

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## Basic Recipe for Pureed Meats

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Main Dish

HACCP: #2 Same Day Service

Recipe Source: *Puree Pizzazz*,  
adapted by KSDE

Ingredients	Servings				Directions
	1	5	10	15	
Meat, cooked	2 oz	10 oz	1 lb + 4 oz	1 lb +14 oz	<ol style="list-style-type: none"> <li>1. Cook meat to temperature appropriate for type of meat. Weigh cooked meat portion. Place in blender or food processor and puree well.</li> <li>2. Add ½ of the broth and puree.</li> <li>3. Add bread and puree.</li> <li>4. Add small amounts of remaining broth, blending after each addition until mashed potato consistency is achieved.</li> <li>5. Heat to serving temperature of 165° F or above.</li> <li>6. Hold for service above 135° F.</li> </ol>
Broth, low sodium	3 Tbsp	1 cup	1 ¾ cups	2 ¾ cups	
51% Whole Wheat Bread, 1 oz slice	½ slice	2 ½ slices	5 slices	7 ½ slices	

Serving Size	1 Serving Provides
#6 scoop	2.0 M/MA + 0.5 G/B

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# Basic Recipe for Pureed Casseroles

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Main Dish

HACCP: #2 Same Day Service

Recipe Source: *Puree Pizzazz*,  
adapted by KSDE

Ingredients	Servings				Directions
	1	5	10	15	
Casserole	6 oz	1 lb + 14 oz	3 lb + 12 oz	7 lb + 8 oz	<ol style="list-style-type: none"> <li>1. Measure casserole portions – drained of liquid.</li> <li>2. Place in blender or food processor and puree well.</li> <li>3. Add small amounts of liquid, blending after each addition until mashed potato consistency is achieved. <b>(Note – The addition of liquid may not be necessary for some casseroles. The amount of liquid needed will vary depending on product consistency.)</b></li> <li>4. Heat to serving temperature of 165° F or above.</li> <li>5. Hold for service above 135° F.</li> </ol>
Gravy or Broth, low sodium	1 Tbsp	1/3 cup	2/3 cup	1 cup	

Serving Size	1 Serving Provides
#6 scoop	Varies based on composition of casserole

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# Basic Recipe for Pureed Pasta

Main Dish

HACCP: #2 Same Day Service

Recipe Source: *Puree Pizzazz*,  
adapted by KSDE

Ingredients	Servings				Directions
	1	5	10	15	
Pasta, cooked	½ cup	2 ½ cups	5 cups	7 ½ cups	<ol style="list-style-type: none"> <li>1. Measure cooked pasta into blender or food processor. Add ½ of broth. Puree.</li> <li>2. Add bread and puree.</li> <li>3. Add small amounts of remaining broth, blending after each addition until mashed potato consistency is achieved.</li> <li>4. Heat to serving temperature of 165° F or above.</li> <li>5. Hold for service above 135° F.</li> </ol>
Broth, low sodium	3 Tbsp	1 cup	1 ¾ cups	2 ¾ cups	
51% Whole Wheat Bread, 1 oz slice	½ slice	2 ½ slices	5 slices	7 ½ slices	

Serving Size	1 Serving Provides
#8 scoop	1.5 G/B

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# Basic Recipe for Pureed Bread Products

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Breads

HACCP: #2 Same Day Service

Recipe Source: *Puree Pizzazz*,  
adapted by KSDE

Ingredients	Servings				Directions
	1	5	10	15	
Whole Grain Bread Product (i.e. bread, pancake, waffle, muffin, pastry)	1 serving	5 servings	10 servings	15 servings	<ol style="list-style-type: none"> <li>1. Place bread product and ½ of milk in blender or food processor and puree.</li> <li>2. Add small amounts of remaining milk, blending after each addition until a mashed potato consistency is achieved. <b>(Note – The amount of liquid needed will vary depending on starting product.)</b></li> <li>3. Hold at or below 41° F until service. If this is a product served hot, heat to 165° or above.</li> </ol>
Milk, lowfat (1%) or nonfat	2 Tbsp	10 Tbsp	1 ¼ cups	2 cups	

Serving Size	1 Serving Provides
#6 scoop	Varies depending on bread product used

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