

Lunch | Dinner

Pureed Chicken

Side Effect: Trouble Swallowing

10 Mins
Prep Time

5 Mins
Cook Time

2
Servings

160 Calories **9g Fat** **0g Carbs** **20g Protein**



Ingredients

2 Servings • 4 oz Serving Size

15 Mins Total Time

Allergens: None

½ lb Ground Chicken

¼ Cup Water

Vegetable Broth, amount varies

Salt and Pepper, to taste

Nourishment Note



Chicken

Chicken is a lean protein source and may provide your body with the building blocks it needs to build new and healthy cells. Protein needs may also be elevated during cancer treatments.

Instructions

1. Wash Hands

Wash hands before preparing recipe.

2. Cook Chicken

In a small skillet, combine the ground chicken and water. Using a wooden spoon, break up the chicken and cook, stirring constantly, until the chicken is opaque, and no pink remains, about 5 minutes. Remove from heat and allow to cool slightly.

Wash hands and all surfaces that came in contact with raw chicken.

3. Drain Chicken

Drain the chicken in a fine-mesh sieve set over a bowl, reserving the cooking liquid.

4. Puree Chicken

Transfer the chicken to a food processor or blender and process until finely ground, about one minute. While continuing to process, slowly add the reserved cooking liquid. Add vegetable broth if more liquid is needed to reach desired consistency. Season with salt and pepper, to taste.

5. Wash Dishes

Be sure to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands.

6. Store

Refrigerate in an airtight container for up to two days.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Small Skillet



Wooden Spoon



Fine Metal Strainer



Small Bowl



Blender/Food Processor



Measuring Cup

Fatigue Buster

- Make a larger batch and freeze, in an airtight container, for up to one month.