

Lunch | Dinner

# Basic Turkey

Side Effect: Trouble Swallowing

**2-3 Mins**  
Prep Time

**5-10 Mins**  
Cook Time

**2**  
Servings

**165 Calories** **8g Fat** **1g Carbs** **22g Protein**



## Ingredients

**2 Servings** **7-13 Mins Total Time** **Allergens: None**

**1/2 lb Lean Ground Turkey**

**1/4 Cup Water**

**1/2 Cup Vegetable Stock, more depending on consistency**

### Nourishment Note



#### Pureed Turkey

Pureeing the turkey to a smooth consistency can make swallowing easier. Lean ground turkey meat is easier to digest than full fat varieties and contains important B vitamins to help keep energy levels high and protein to help maintain muscle mass.

## Instructions

### 1. Wash Hands

Wash hands thoroughly and wipe down kitchen counters to create a clean working space.

### 2. Heat Skillet

Heat a large skillet over medium heat.

### 3. Cook Turkey

To the skillet, combine the turkey and water. Using a wooden spoon, break up the turkey and stir constantly. Cook until the meat is no longer pink and appears “well-done”. It’s important that the meat has no visible pink spots to prevent possible food borne illness. **Be sure to thoroughly wash hands after handling raw turkey meat.**

### 4. Allow to Cool

Remove from heat and allow to cool. Optional: drain turkey meat in a mesh strainer to remove the liquid fat.

### 5. Blend with Vegetable Stock

To a blender, combine the cooked turkey meat with 1 tablespoon of vegetable stock. Blend. Continue to blend, adding 1 tablespoon of liquid at a time until the meat is at the desired consistency.

### 6. Clean Area

Thoroughly wipe down counters and areas where raw turkey meat was exposed to.

### 7. Store

Refrigerate the turkey meat in a sealed container within 2 hours of preparation. Turkey meat can also be frozen for up to 1 month in a sealed container.

Recipe adapted from: [The Baby & Toddler Cookbook](#)

## What You'll Need



Skillet



Wooden Spoon



Measuring Cup



Blender or Food Processor



Spatula



Mesh Strainer (optional)

### Fatigue Buster

- Ask a friend or family member to help prepare this recipe.