

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**

½ lb Lean Ground Turkey 

¼ Cup Water

½ 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 with soap and water.

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.

8. Wash Hands

Wash hands with soap and water.

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.