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 with soap and water.

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. Store
Refrigerate in an airtight container for up to two days.

6. Wash Hands
Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

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.