



One Pot Beef and Bean Chili (Pureed)

This is a simple way to turn a family meal into a modified version appropriate for patients who require a texture modified diet.

U.S.

3 cups

3/4 cup - 1 cup

One Pot Beef and Bean Chili recipe

Vegetable or Chicken Stock, no salt added

Metric

710mL

175mL - 240 mL

Preparation:

1. Gather all ingredients and equipment.
2. Heat the vegetable stock in the microwave, or in a sauce pot over medium-high heat on the stove. Stock should be hot, but does not need to be boiling.
2. Add 3 cups of hot, cooked chili to a blender. Add 3/4 cup of hot stock and blend until smooth, adding additional stock and scraping down the sides, as needed. Be careful when blending hot ingredients, as steam can build up in the blender and cause the top to come off. You can prevent this by venting the lid and placing a towel over the vent while blending.
3. Serve warm and enjoy!

Nutrition Facts

2 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **320**

Total Fat 10 g

 Saturated Fat 3 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 50 mg

Sodium 490 mg

Total Carbohydrate 31 g

 Dietary Fiber 11 g

 Total Sugars 3 g

 Includes 0 g Added Sugars

Protein 25 g

Vitamin D 0 %

Calcium 3 %

Iron 16 %

Potassium 500 mg

Phosphorus 190 mg
