Ground Beef with Marinara Sauce

• Pulse 1 cup ground beef in food processor
  – Until particles are 2 mm or “crumb-like” consistency
• Next, combine with ¼ cup marinara
• Yield: 200 mL
Ground Beef with Salsa

• Pulse 1 cup ground beef in food processor
  – Until particles are 2 mm or “crumb-like” consistency
• Puree ¼ cup salsa separately
• Combine minced beef and pureed salsa
• Yield: 200 mL
Turkey and Gravy

• Rip 1 cup of turkey breast slices into quarters
• Pulse turkey breast in food processor
  – Until particles are 2 mm or “crumb-like” consistency
• Combine minced turkey with ½ cup gravy
• Yield: 200 mL
Spaghetti and Marinara

- Pulse 1 cup whole wheat spaghetti
  - Until particles are 2 mm
  - or “crumb-like” consistency
- Puree marinara sauce
- Combine minced spaghetti and marinara sauce
- Yield: 180 mL
Nilla Banana Pudding

• Pulse 10 Nilla Wafer Cookies (1/2 cup) in food processor
  – Until particles are 2 mm or “crumb-like” consistency
• Combine cookies with 1 container (4 ounces) of Gerber Banana Puree
• Mix in 1 teaspoon of 2% milk
• Yield: 120 mL
Quinoa and Pesto

- Combine 1 cup of quinoa with ½ cup pesto sauce
- Yield: 240 mL
Shortbread Vanilla Pudding

• Pulse 2 packages (8 cookies total) of Lorna Doone cookies in food processor
  – Until particles are 2 mm or “crumb-like” consistency
• Combine cookies with 1/3 cup vanilla pudding
• Mix in 3 ½ tablespoons of 2% milk
• Yield: 150 mL
Scrambled Eggs & Salsa

- Pulse 1 cup scrambled eggs
  - Until particles are 2 mm or “crumb-like” consistency
- Puree ¼ cup salsa
- Combine eggs with salsa
- Yield: 275 mL