



*simply*thick<sup>®</sup> The Thickening Gel You Can't Taste<sup>®</sup>

Instant Food Thickener

# Puree Recipe Guide

Entrees

Salads

Vegetables  
and Starch

Fruit

Desserts

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# Just SimplyThick® gel

Recipes are a foundation for good food and quality care. These recipes have been used and tested in long term care facilities and are accepted for persons eating pureed food. The goal is pleasant taste and safe texture. Please keep in mind:

- ❖ SimplyThick gel aids with pureed food processing. It adds slight bulk, produces smooth and creamy textures and performs well under heat. Foods prepared with SimplyThick gel will not continue to thicken or become “gummy” under hot serving temperatures.
- ❖ SimplyThick gel prevents weeping so appearance remains pleasant during a meal service.
- ❖ By the nature of some foods, there may be a slight texture in appearance but a smooth feel in your mouth.
- ❖ For good practice, taste all pureed foods before service and adjust seasonings as needed. Adding a slight amount of salt, sugar or spices may improve flavor.
- ❖ In some cases, more liquid was added than may be usual to achieve a smooth and creamy outcome. SimplyThick gel was then added to prevent weeping.
- ❖ Nutritional analysis is an estimate as some original recipes may differ. Consult your Dietitian for more information.
- ❖ In many cases, judgment is necessary when pureeing foods. Some food may have more water content and require a slightly different amount of thickener to be used.
- ❖ Processing equipment may vary. Some machines may need to process food longer while others are faster.

# Reasons to use Simply Thick<sup>®</sup> gel in your Kitchen

- ❖ Affects flavor to a minimal degree.
- ❖ Does not add additional carbohydrates. Does not affect diabetes glucose levels.
- ❖ Mixes rapidly with many foods and temperatures.
- ❖ Does not affect color of final product.
- ❖ Adds body to foods that makes processing easier.
- ❖ Does not spill on tables, floor, and counters for a cleaner work space.
- ❖ Adds volume to some foods so portion size is not diminished for an improved plate appearance.
- ❖ Adds glistening effect to some foods for improved appearance.
- ❖ Salads and fruits with a high water content will not weep, or breakdown with a liquefied texture.
- ❖ Foods which are difficult to process can be pureed to a smooth creamy texture.
- ❖ Takes less storage space than powdered thickeners.
- ❖ Reduces inventory of pre-thickened juices and other thickened beverages. SimplyThick gel can be used for many foods and beverages.

Simply Thick is available at [cwimedical.com](http://cwimedical.com) or call toll-free 1-877-929-4633

# SimplyThick® gel Recipes

- ❖ Our recipes were developed under the direction of Candace S. Johnson, RD, CSG and tested in long term care facilities in Colorado.
- ❖ The recipes may have a slightly grainy texture in appearance from the food content. The outcome is a smooth mouth feel and acceptable for puree food texture.
- ❖ SimplyThick gel increases the bulk of some foods yet foods may be condensed during processing. As foods vary, use caution when adding extra liquid.
- ❖ Using SimplyThick gel facilitates smoothness and is an excellent thickening agent. It prevents weeping of high water content foods and produces a somewhat shiny appearance to foods.
- ❖ Food Processors vary in speed but most recipes are processed under 5 minutes.
- ❖ Nutritional analysis is an estimate as some recipes may be different. SimplyThick gel does not add calories or carbohydrates. Consult with your Registered Dietitian for more information.
- ❖ Foods processed with SimplyThick gel do not continue to thicken or “gum up” when reheated or held under heat during service.
- ❖ Process foods as close to service as possible for best quality results.
- ❖ Critical Control Points (CCP) are listed for food safety guidelines.
- ❖ Always use judgment for the end result and taste your food before serving. Adjust seasoning.

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# Packaging Conversions

Due to the flexibility of the packaging, the SimplyThick Puree Recipe Guide was developed using the 64 oz bottle of SimplyThick gel, fitted with the ½ oz pump. This does not mean that you can not use our other packaging sizes for these recipes. Use the conversion chart below to help convert any recipe to your package size:

**1 15g Nectar Packet**  
= 1 pump stroke

**1 30g Honey Packet**  
= 2 pump strokes

**1 120g Nectar Packet**  
= 8 pump strokes

**1 240g Honey Packet**  
= 16 pump strokes

<b># of Strokes</b>	<b>1</b>	<b>2</b>	<b>8</b>	<b>16</b>	<b>24</b>	<b>32</b>	<b>40</b>	<b>48</b>
<b># of 15g Nectar Packets</b>	1	2	8	16	24	32	40	48
<b># of 30g Honey Packets</b>	–	1	4	8	12	16	20	24
<b># of 120g Nectar Packets</b>	–	–	1	2	3	4	5	6
<b># of 240g Honey Packets</b>	–	–	–	1	–	2	–	3

# Quick Puree Guide

- ❖ Keep processing blades sharp and check routinely for blade condition.
- ❖ Do not fill a food processing bowl more than 2/3 full.
- ❖ Do not place hot foods in a plastic food processing bowl.  
Allow to cool before processing.
- ❖ Foods process best when cold or cooled. Hot food can be cooled at room temperature to approximately 100°F.
- ❖ Cover and reheat hot foods in an oven or steamer after processing.

WARNING: DO NOT FEED SimplyThick To Premature Infants

DISCLAIMER – Although information provided is believed to be true and accurate, SimplyThick, LLC (ST) cannot anticipate all actual situations and/or conditions of use. ST cannot assure the suitability of SimplyThick® for any particular situation or that SimplyThick® will work in every situation. Do not self-diagnose or self-treat swallowing problems, also commonly termed dysphagia. Swallowing problems and/or dysphagia can be a serious medical condition that should only be treated with proper medical supervision. If you have any questions about use of SimplyThick®, consult your doctor or physician.

US Patent # 7,638,150. Canadian Patent # 2,459,924.

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# Entrees

Entrees



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# Baked Chicken

**Menu Portion:** 2 ounces / **Puree Portion:** #12 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Baked Chicken, boneless	6 ounces	1 1/4 pounds	2 1/2 pounds
Chicken Broth	1/4 cup	1 cup	2 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

- CCP: Bake chicken according to facility recipe to 165°F.
- Cool chicken slightly for 10 minutes. Remove meat and skin from bone.
- Portion chicken and place in food processing bowl. Do not fill bowl more than 2/3 full.
- Process meat for 1-2 minutes.
- Add broth and SimplyThick gel, process for 1 minute.
- Taste chicken and season as needed.
- Pour into steam table pan and cover.
- CCP: Reheat to at least 165°F.
- CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

<b>Serving Size</b>	2 ounces
<b>Calories</b>	138
<b>Protein</b>	16 grams
<b>Carbohydrates</b>	0 grams
<b>Fat</b>	8 grams

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## Baked Fish

**Menu Portion:** 2 ounces / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Baked Fish, Cod	6 ounces	1 1/4 pounds	2 1/2 pounds
Chicken Broth	1/4 cup	1 cup	2 cups
SimplyThick®gel	3 strokes	10 strokes	20 strokes
Lemon Juice	To Taste	To Taste	To Taste



### Preparation Instructions:

Prepare fish per recipe instructions. Let cool slightly for processing.

Process fish for 3 minutes until smooth.

Add chicken broth and SimplyThick gel.

Process for 3 minutes until smooth.

Taste fish and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service.

Stir before serving.

### Nutrition Information

**Serving Size** 2 ounces

**Calories** 100

**Protein** 14 grams

**Carbohydrates** 1 gram

**Fat** 4 grams



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# Baked Ham

**Menu Portion:** 3 ounces / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Ham, cooked	6 ounces	30 ounces	3 3/4 pounds
Ham Broth	1/4 cup	1 1/4 cups	2 1/2 cups
SimplyThick® gel	2 strokes	7 1/2 strokes	15 strokes



## Preparation Instructions:

CCP: Keep meat refrigerated until ready to cook.

CCP: Cook ham according to recipe or label instructions to a temperature of 165°F.

Let ham cool slightly before processing approximately 10 minutes.

Place ham, broth and SimplyThick gel in food processing bowl.

Process for 2-3 minutes.

Pour into steam table pan and cover.

CCP: Reheat to at least 160°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

**Serving Size** 3 ounces

**Calories** 126

**Protein** 17 grams

**Carbohydrates** 0 grams

**Fat** 6 grams

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# Beef Patties

**Menu Portion:** 3 ounces / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>5 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Ground Beef Patties	1 pound	2 pounds	4 pounds
Beef Broth	6 ounces	12 ounces	24 ounces
SimplyThick® gel	5 strokes	10 strokes	18 strokes



## Preparation Instructions:

CCP: Keep ground beef in refrigeration below 41°F or frozen below 0°F until ready to use.

CCP: Cook ground beef patties per label instructions or recipe to 165°F.

Cool beef patties slightly, approximately 10 minutes.

Process beef patties and beef broth 4 minutes until smooth.

Do not fill food processing bowl more than 2/3 full.

Add SimplyThick gel and process for 1 minute.

Taste beef patties and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

**Serving Size** 3 ounces

**Calories** 212

**Protein** 21 grams

**Carbohydrates** 5 grams

**Fat** 12 grams



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# Beef Stew

**Menu Portion:** 6 ounces / **Puree Portion:** 6 ounces

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Beef Stew, prepared	3 cups	10 cups	20 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

CCP: Prepare beef stew per facility or label instructions.  
Cool beef stew slightly for 10 minutes and place in food processing bowl.  
Do not fill bowl more than 2/3 full.  
Add SimplyThick gel and process for 3 minutes.  
Taste and season beef stew as needed.  
Pour into steam table pan and cover.  
CCP: Reheat to at least 165°F and hold until service.  
Stir before serving.

## Nutrition Information

<b>Serving Size</b>	6 ounces
<b>Calories</b>	200
<b>Protein</b>	16 grams
<b>Carbohydrates</b>	18 grams
<b>Fat</b>	6 grams

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# Breaded Fish

Menu Portion: 4 ounces\* / Puree Portion: 1 cup

Ingredients	2 portions	10 portions	20 portions
Breaded Fish Filets	9.6 ounces	3 pounds	6 pounds
Tartar Sauce	2 1/2 Tbsp	3/4 cup	1 1/2 cups
Chicken Broth	3 ounces	1 1/4 cups	2 1/2 cups
SimplyThick® gel	3 strokes	13 strokes	26 strokes



## Preparation Instructions:

Cook fish per manufacturers instructions. Cool slightly.  
Process fish for 3 minutes until smooth.  
Add tartar sauce, chicken broth and SimplyThick gel.  
Process for 3 minutes until smooth.  
Taste fish and season as needed.  
Pour into steam table pan and cover.  
CCP: Place in pan, cover and reheat to 160°F.  
CCP: Place on steam table. Stir before serving.

**NOTE:** Breaded fish often becomes gummy with over-breaded taste. This recipe produces a satin smooth texture with a pleasant fish and sauce taste.

\* Check with vendor for exact fish portion. Some manufacturers vary.

## Nutrition Information

<b>Serving Size</b>	4 ounces
<b>Calories</b>	446
<b>Protein</b>	16 grams
<b>Carbohydrates</b>	26 grams
<b>Fat</b>	32 grams

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# Chicken Pot Pie

**Menu Portion:** 6 ounces / **Puree Portion:** 1 cup

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Chicken Pot Pie	18 ounces	4 pounds	8 pounds
Whole Milk	1 cup	3 1/2 cups	7 cups
SimplyThick® gel	2 strokes	7 strokes	14 strokes



## Preparation Instructions:

CCP: Keep chicken pot pie frozen at 0°F until ready to cook and prepare pot pie per facility recipe.

Cool chicken pot pie slightly for 10 minutes.

Place in food processing bowl and do not fill more than 2/3 full.

Process pot pie for 1-2 minutes.

Add cold milk and SimplyThick gel, process for 1 minute until smooth and creamy.

Taste chicken pot pie and season as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

<b>Serving Size</b>	6 ounces
<b>Calories</b>	429
<b>Protein</b>	13 grams
<b>Carbohydrates</b>	37 grams
<b>Fat</b>	26 grams

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# Country Gravy

**Menu Portion:** 1-2 ounces / **Puree Portion:** 1-2 ounces

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Whole Milk	1 cup	5 cups	10 cups
SimplyThick® gel	2 strokes	3 strokes	6 strokes
Seasonings	To Taste	To Taste	To Taste
Garlic Powder			
Onion Powder			
White or Black Pepper			



## Preparation Instructions:

CCP: Keep milk refrigerated at 41°F or lower until ready to use.  
Heat milk to 160°F. (Can be done in microwave for 60-90 seconds.)  
Mix SimplyThick gel, seasonings and whisk with wire whip.  
Sauce will be somewhat foamy.  
Taste gravy and season as needed.  
CCP: Pour into steam table pan and cover.

**NOTE:** May use low fat milk for lower fat cream gravy. SimplyThick gel gives thick creamy texture. A very fast alternative for white sauce.

## Nutrition Information

<b>Serving Size</b>	2 ounces
<b>Calories</b>	34
<b>Protein</b>	2 grams
<b>Carbohydrates</b>	3 grams
<b>Fat</b>	2 grams



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# Fried Chicken

**Menu Portion:** 4 ounces (with bone) / **Puree Portion:** #6 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Fried Chicken, prepared	12 ounces	2 1/2 pounds	5 pounds
Chicken Broth	9 tablespoons	2 cups	4 cups
SimplyThick®gel	3 strokes	10 strokes	20 strokes



## Preparation Instructions:

- CCP: Bake chicken according to facility recipe to 165°F.
- Cool chicken slightly for 10 minutes. Remove meat and skin from bone.
- Portion chicken with cooked skin and place in food processing bowl.
- Do not fill bowl more than 2/3 full.
- Process meat with skin for 1-2 minutes.
- Add broth and SimplyThick gel, process for 1 minute.
- Taste fried chicken and season as needed.
- Pour into steam table pan and cover.
- CCP: Reheat to at least 165°F.
- CCP: Place on steam table for service. Stir briefly before serving.

**NOTE:** Add crispy fried chicken skin to food processing bowl for more calories and fried chicken taste.

## Nutrition Information

<b>Serving Size</b>	3 ounces (no bone)
<b>Calories</b>	296
<b>Protein</b>	17 grams
<b>Carbohydrates</b>	14 grams
<b>Fat</b>	19 grams

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# Macaroni and Cheese

**Menu Portion:** 1 cup / **Puree Portion:** 1 cup

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Macaroni and Cheese	3 cups	2 1/2 quarts	1 1/4 gallons
Whole Milk	1 cup	3 1/3 cups	6 1/2 cups
SimplyThick®gel	5 strokes	17 strokes	32 strokes



## Preparation Instructions:

CCP: Prepare macaroni and cheese per facility recipe.  
Cool slightly after cooking for approximately 30 minutes at room temperature.  
Process for 30 seconds, do not fill food processing bowl more than 2/3 full.  
Add cold milk and SimplyThick gel.  
Process for 2 minutes. Scrape down bowl as necessary halfway through processing.  
Pour into steam table pan and cover.  
CCP: Heat to 160°F for service.  
Taste macaroni and cheese, season as needed.  
CCP: Place on steam table, hold for service.

**NOTE:** If dish is saucy with cheese sauce, less SimplyThick gel may be needed. A key to success is to cool the dish first. Nutrition content will vary with original recipe. Adding cheese sauce as garnish will add to recipe contents.

## Nutrition Information

<b>Serving Size</b>	1 cup
<b>Calories</b>	460
<b>Protein</b>	13 grams
<b>Carbohydrates</b>	50 grams
<b>Fat</b>	8.5 grams

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# Meat Gravy

**Menu Portion:** 2-3 ounces / **Puree Portion:** 3 ounces

<b>Ingredients</b>	<b>3-4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Water	1 cup	3 1/3 cups	6 2/3 cups
Meat Base	1 1/2 teaspoons	3 1/2 teaspoons	2 tablespoons
SimplyThick® gel	3 strokes	8 strokes	16 strokes
Seasonings	To Taste	To Taste	To Taste
Garlic Powder			
Onion Powder			
White or Black Pepper			



## Preparation Instructions:

CCP: Heat water and meat base to 160°F.

(Alternative method: Heat in microwave or 60-90 seconds.)

Mix SimplyThick gel with seasonings and whisk with wire whip.

Sauce will be somewhat foamy.

Taste gravy and season as needed.

CCP: Pour into steam table pan and cover.

**NOTE:** Very fast alternative for meat sauces. Can add dark coloring for garnishing.

## Nutrition Information

<b>Serving Size</b>	2 ounces
<b>Calories</b>	0
<b>Protein</b>	0 grams
<b>Carbohydrates</b>	0 grams
<b>Fat</b>	0 grams

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# Meat Lasagna

**Menu Portion:** 6 ounces / **Puree Portion:** #6 scoop

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Meat Lasagna	12.75 ounces	2 3/4 pounds	5 1/4 pounds
Whole Milk or Tomato Sauce	1/2 cup	1 3/4 cups	3 1/2 cups
SimplyThick®gel	2 strokes	7 strokes	13 strokes



## Preparation Instructions:

CCP: Cook lasagna according to preparation instructions (label or recipe).  
Cool slightly after cooking but not over 10 minutes at room temperature.  
Place in food processing bowl and process for 3 minutes until blended.  
Add cold milk or tomato sauce and SimplyThick gel.  
Taste and season lasagna as needed.  
Process for 2 minutes.  
Pour into steam table pan and cover.  
CCP: Reheat to at least 165°F.  
Stir before serving.

## Nutrition Information with Milk / Tomato Sauce

<b>Serving Size</b>	6 ounces
<b>Calories</b>	352/325
<b>Protein</b>	23/21 grams
<b>Carbohydrates</b>	14/12 grams
<b>Fat</b>	33/35 grams

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# Meatballs in Sauce

**Menu Portion:** 8 ounces / **Puree Portion:** 6 ounces, heaping

Ingredients	2 portions	10 portions	20 portions
Meatballs, cooked	6 ounces	30 ounces	60 ounces
Marinara or Swedish Sauce	1 cup	10 cups	1 1/4 quarts
SimplyThick® gel	2 strokes	10 strokes	20 strokes



## Preparation Instructions:

CCP: Keep meatballs or ground beef frozen at 0°F or lower until ready to cook.

If using ground beef, thaw under refrigeration at 41°F or lower.

Cook meatballs per facility recipe or label instructions.

CCP: Prepare sauce per facility recipe or label instructions. Heat to 165°F.

Cool meat and sauce slightly for 10 minutes and place in food processing bowl.

Add SimplyThick gel. Do not fill food processing bowl more than 2/3 full.

Process mixture for 3 minutes.

Taste and season meatballs as needed.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F and hold until service. Stir before serving.

**NOTE:** Garnish with Parmesan cheese for Marinara sauce or ground dried parsley for Swedish meatballs.

## Nutrition Information

**Serving Size** 8 ounces

**Calories** 227

**Protein** 16 grams

**Carbohydrates** 14 grams

**Fat** 12 grams

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# Meat Loaf

**Menu Portion:** 3 ounces / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Meat Loaf	6 ounces	2 pounds	4 pounds
Gravy	1/2 cup	2 1/2 cups	5 cups
SimplyThick® gel	1 stroke	5 strokes	10 strokes



## Preparation Instructions:

- CCP: Prepare meat loaf per facility recipe.
- Cool meat loaf slightly, approximately 10 minutes.
- Process meat loaf and gravy for 4 minutes until smooth.
- Add SimplyThick gel. Do not fill food processing bowl more than 2/3 full.
- Process for 2 more minutes.
- Pour into steam table pan and cover.
- CCP: Reheat to at least 165°F and hold until service.
- Stir before serving.

## Nutrition Information

<b>Serving Size</b>	3 ounces
<b>Calories</b>	235
<b>Protein</b>	15 grams
<b>Carbohydrates</b>	8 grams
<b>Fat</b>	12 grams

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# Pork Chops

**Menu Portion:** 3 ounces / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Pork Chops	8 ounces	1 pound 10 oz	3 1/4 pounds
Meat Broth	6 ounces	1 1/4 cups	2 1/2 cups
Bread Crumbs	3 tablespoons	10 tablespoons	1 1/4 cups
SimplyThick® gel	3 strokes	10 strokes	20 strokes



## Preparation Instructions:

CCP: Keep pork chops refrigerated until ready to cook.

Cook according to package instructions or recipe.

Cool pork chops for puree diets for 10 minutes.

Process pork chops and broth 3 minutes until finely minced.

Add SimplyThick gel and bread crumbs.

Do not fill food processing bowl more than 2/3 full.

Process for 3 minutes.

Taste pork chops and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 160°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

**Serving Size** 3 ounces

**Calories** 213

**Protein** 20 grams

**Carbohydrates** 12 grams

**Fat** 5 grams

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# Roast Beef

**Menu Portion:** 2 ounces / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Roast Beef, cooked	6 ounces	1 1/4 pounds	2 1/2 pounds
Beef Broth	1/4 cup	3/4 cups	1 3/4 cups
SimplyThick® gel	3 strokes	10 strokes	20 strokes



## Preparation Instructions:

CCP: Cook roast beef to an internal temperature of at least 155°F.

Remove meat from oven and cool slightly or quick chill.

Portion meat and place in food processing bowl.

Process meat at 30 second intervals, scraping bowl after each pulse.

Add broth and SimplyThick gel, process for 1 minute.

Taste roast beef and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 152

**Protein** 18 grams

**Carbohydrates** 0 grams

**Fat** 9 grams



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# Roast Turkey

**Menu Portion:** 2 ounces / **Puree Portion:** #12 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Baked Turkey	6 ounces	1 1/4 pounds	2 1/2 pounds
Turkey Broth	1/4 cup	1 cup	2 cups
SimplyThick® gel	2 strokes	7 strokes	14 strokes



## Preparation Instructions:

CCP: Cook turkey to an internal temperature of at least 155°F .

Remove meat from oven and cool slightly or quick chill.

Portion meat and place in food processing bowl.

Process meat for 1 minute.

Add broth and SimplyThick gel, process for 1 minute.

Taste turkey and season as necessary.

Pour into steam table pan and cover.

CCP: Reheat to at least 165°F.

CCP: Place on steam table for service. Stir briefly before serving.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 115

**Protein** 19 grams

**Carbohydrates** 0 grams

**Fat** 4 grams

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# Salisbury Steak

**Menu Portion:** 3 ounces / **Puree Portion:** #6 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Salisbury Steak, cooked	9 ounces	2 pounds	4 pounds
Beef Gravy	1 cup	3 1/2 cups	7 cups
SimplyThick® gel	4 strokes	13 strokes	26 strokes



## Preparation Instructions:

CCP: Cook salisbury steak per facility or label instructions.  
Cool steaks slightly for 10 minutes and place in food processing bowl.  
Add gravy and SimplyThick gel. Do not fill food processing bowl more than 2/3 full.  
Process meat and ingredients for 3 minutes.  
Taste salisbury steak and season as needed.  
Pour into steam table pan and cover.  
CCP: Reheat to at least 165°F and hold until service.  
Stir before serving.

## Nutrition Information

<b>Serving Size</b>	3 ounces
<b>Calories</b>	231
<b>Protein</b>	19 grams
<b>Carbohydrates</b>	8 grams
<b>Fat</b>	13 grams

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# Stuffed Pepper

**Menu Portion:** 10 ounces / **Puree Portion:** 8 ounces

<b>Ingredients</b>	<b>1 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Stuffed Pepper	10 ounces	6 1/2 pounds	13 pounds
SimplyThick® gel	3 strokes	30 strokes	60 strokes



## Preparation Instructions:

Cook stuffed pepper in sauce per facility recipe or as purchased with label instructions.

Place stuffed pepper, sauce and SimplyThick gel in food processing bowl and process for 4 minutes.

Taste stuffed pepper and season as needed.

Pour into prepared steam table pan and cover.

CCP: Heat to at least 165°F in steamer or oven.

CCP: Place on steam table for service. Stir briefly before serving.

**NOTE:** Use a recipe with ground beef filling; rice dilutes protein content.

## Nutrition Information

**Serving Size** 10 ounces

**Calories** 279

**Protein** 14 grams

**Carbohydrates** 24 grams

**Fat** 14 grams



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# Tuna Noodle Casserole

**Menu Portion:** 6 ounces / **Puree Portion:** 6 ounces

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Tuna Noodle Casserole	12 ounces	3 3/4 pounds	7 1/2 pounds
SimplyThick® gel	1 stroke	5 strokes	10 strokes



## Preparation Instructions:

CCP: Cook tuna noodle casserole as per recipe. Heat to 165°F.  
Allow tuna noodle casserole to cool slightly for 10 minutes.  
Place in food processing bowl. Do not fill more than 2/3 full.  
Add SimplyThick gel and process for 3 minutes.  
Taste and season tuna noodle casserole as needed.  
Pour into steam table pan and cover.  
CCP: Reheat to at least 165°F and hold until service.  
Stir before serving.

## Nutrition Information

<b>Serving Size</b>	6 ounces
<b>Calories</b>	323
<b>Protein</b>	22 grams
<b>Carbohydrates</b>	26 grams
<b>Fat</b>	13 grams

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# Salads

Salads

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## Creamy Coleslaw

**Menu Portion:** 1/2 cup / **Puree Portion:** 1/2 cup, slightly heaping

Ingredients	4 portions	10 portions	20 portions
Coleslaw	1 1/2 cups	3 3/4 cups	7 1/2 cups
Whole Milk	1/4 cup	3/4 cup	1 1/3 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



### Preparation Instructions:

CCP: Prepare coleslaw and keep at 41°F or below until ready to prepare.

CCP: Keep milk chilled at or below 41°F until ready to use.

Place coleslaw in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add cold milk and SimplyThick gel to food processing bowl.

Process for 2 minutes or until smooth.

CCP: Place coleslaw under refrigeration and keep at 41°F or below until ready to serve.

CCP: Keep on ice during service.

### Nutrition Information

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	180
<b>Protein</b>	1 gram
<b>Carbohydrates</b>	17 grams
<b>Fat</b>	13 grams

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# Fresh Tomatoes

**Menu Portion:** 1/2 cup / **Puree Portion:** 1/2 cup

<b>Ingredients</b>	<b>6 portions</b>	<b>12 portions</b>	<b>24 portions</b>
Fresh Tomatoes, diced	3 cups	6 cups	12 cups
SimplyThick® gel	2 strokes	4 strokes	8 strokes



## Preparation Instructions:

CCP: Wash tomatoes, dice using clean cutting board and knife.

Place diced tomatoes in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add SimplyThick gel to food processing bowl.

Process for 2 minutes or until smooth.

Taste tomatoes and season with herbs, touch of salad dressing or small amount of salt.

CCP: Chill to 41°F and keep on ice during service.

**NOTE:** Final product may have small pieces of tomato skin. Check with speech therapist before using.

## Nutrition Information

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	18
<b>Protein</b>	< 1 gram
<b>Carbohydrates</b>	3 grams
<b>Fat</b>	0 grams

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# Potato Salad

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	5 portions	10 portions	20 portions
Potato Salad	1 1/2 cups	3 cups	6 cups
Whole Milk	1/2 cup	2 1/2 cups	5 cups
SimplyThick® gel	2 strokes	4 strokes	8 strokes



## Preparation Instructions:

CCP: Prepare potato salad and keep at 41°F or below until ready to prepare.

Place potato salad in food processing bowl. Do not fill bowl more than 2/3 full.

Process for 2 minutes.

Add cold milk and SimplyThick gel directly to food processing bowl.

Process for 2 minutes or until smooth.

CCP: Place potato salad under refrigeration and keep at 41°F or below until ready to serve.

CCP: Keep on ice during service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 195

**Protein** 4 grams

**Carbohydrates** 11 grams

**Fat** 15 grams



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# Tossed Salad

**Menu Portion:** 1/2 cup / **Puree Portion:** #12 scoop

Ingredients	6 portions	10 portions	20 portions
Tossed Salad Mix	6 cups	10 cups	20 cups
Croutons	1/2 cup	3/4 cup	1 1/2 cups
Salad Dressing	1/4 cup	1/2 cup	1 cup
SimplyThick® gel	6 strokes	10 strokes	20 strokes



## Preparation Instructions:

CCP: Chill lettuce greens/mix and dressing to 41°F until ready to process.  
Place all ingredients in food processing bowl, do not fill more than 2/3 full.  
Process for 3-4 minutes.  
CCP: Place in bowls and let chill to 41°F.  
Garnish with salad dressing or dollop of mayonnaise.  
CCP: Serve chilled less than 41°F, place on ice during service.

**NOTE:** SimplyThick gel provides additional body and prevents weeping of liquid.  
Croutons and dressing improve flavor. Color of salad will be affected by the type of salad dressing used.  
Italian = yellow/green   Ranch = light pink   Balsamic Vinegar = dark green

## Nutrition Information

<b>Serving Size</b>	1 cup (regular texture)
<b>Calories</b>	109
<b>Protein</b>	3 grams
<b>Carbohydrates</b>	8 grams
<b>Fat</b>	8 grams

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# Tuna Salad

**Menu Portion:** 3 ounces / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Tuna Salad, prepared	1 cup	3 1/2 cups	7 cups
Whole Milk	1/2 cup	1 3/4 cups	3 1/2 cups
SimplyThick®gel	4 strokes	13 strokes	26 strokes



## Preparation Instructions:

CCP: Prepare tuna salad per facility recipe or use prepared tuna salad.

Chill to 41°F.

Place tuna salad, SimplyThick gel and cold milk in food processing bowl.

Process for 2-3 minutes.

CCP: Chill tuna salad to 41°F for service.

Garnish with paprika.

## Nutrition Information

<b>Serving Size</b>	3 ounces
<b>Calories</b>	163
<b>Protein</b>	13.5 grams
<b>Carbohydrates</b>	9 grams
<b>Fat</b>	8 grams

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# Vegetables and Starch

Vegetables  
and Starch



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# Broccoli

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Chopped Broccoli, frozen	2 1/4 cups	5 3/4 cups	11 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	1/2 cup	1 1/4 cups	2 1/2 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

CCP: Keep broccoli frozen at 0°F or colder until ready to cook.

Cook broccoli according to menu recipe or label instructions.

Cool broccoli slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled broccoli in food processing bowl. Do not fill more than 2/3 full.

Process broccoli, SimplyThick gel, margarine and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 67

**Protein** 4 grams

**Carbohydrates** 6 grams

**Fat** 4 grams



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# Buttered Rice

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

Ingredients	4 portions	10 portions	20 portions
Rice, cooked	1 1/2 cups	3 3/4 cups	7 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Whole Milk	9 tablespoons	1 1/2 cups	3 cups
SimplyThick® gel	3 strokes	8 strokes	15 strokes



## Preparation Instructions:

CCP: Cook rice in salted, boiling water. Cook until soft and slightly overcooked.

Drain rice and rinse in cold water.

Place cooled rice in food processing bowl. Do not fill more than 2/3 full.

Process rice, SimplyThick gel, margarine, and milk for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 132

**Protein** 3 grams

**Carbohydrates** 18 grams

**Fat** 5 grams

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# Carrots

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Carrots, frozen	2 cups	5 cups	10 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	6 tablespoons	1 cup	2 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

CCP: Keep carrots frozen at 0°F or colder until ready to cook.

Cook carrots according to menu recipe or label instructions.

Cool carrots slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled carrots in food processing bowl. Do not fill more than 2/3 full.

Process carrots, SimplyThick gel, margarine, and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 62

**Protein** 1 gram

**Carbohydrates** 6 grams

**Fat** 4 grams



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# Corn

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Corn, canned	2 cups	10 cups	20 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Chicken Broth	3/4 cup	2 cups	4 cups
SimplyThick® gel	3 strokes	8 strokes	15 strokes



## Preparation Instructions:

CCP: Wash can lid before opening.

Cook corn according to menu recipe or label instructions.

Cool corn slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled corn in food processing bowl. Do not fill more than 2/3 full.

Process corn, SimplyThick gel, margarine, and broth for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

**NOTE:** Adding 1-2 teaspoons sugar may help accent sweet corn flavor.

## Nutrition Information

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	131
<b>Protein</b>	3 grams
<b>Carbohydrates</b>	19 grams
<b>Fat</b>	5 grams

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# Creamed Corn

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Creamed Corn	1 1/2 cups	5 cups	10 cups
Margarine	3 teaspoons	10 teaspoons	1 1/4 cups
SimplyThick® gel	6 strokes	20 strokes	40 strokes



## Preparation Instructions:

CCP: Wash can lid before opening.

Cook corn according to menu recipe or label instructions.

Cool corn slightly for approximately 10 minutes.

Place cooled corn in food processing bowl. Do not fill more than 2/3 full.

Process corn, SimplyThick gel, and margarine for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

**NOTE:** Adding 1-2 teaspoons sugar may help accent sweet corn flavor.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 134

**Protein** 2 grams

**Carbohydrates** 24 grams

**Fat** 5 grams



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# Egg Noodles

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Egg Noodles, cooked	2 1/4 cups	5 3/4 cups	11 1/2 cups
Margarine	4 teaspoons	10 teaspoons	1 1/4 cups
Whole Milk	6 ounces	15 ounces	30 ounces
SimplyThick® gel	3 strokes	8 strokes	15 strokes



## Preparation Instructions:

CCP: Cook noodles in salted, boiling water. Cook until soft and slightly overcooked.

Drain noodles and rinse in cold water.

Place cooled noodles in food processing bowl. Do not fill more than 2/3 full.

Process noodles, SimplyThick gel, margarine, and cold milk for 3-4 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 154

**Protein** 5 grams

**Carbohydrates** 20 grams

**Fat** 6 grams

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# Green Beans

**Menu Portion:** 1/2 cup / **Puree Portion:** #12 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Green Beans, frozen	2 cups	5 cups	10 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick® gel	1 stroke	3 strokes	5 strokes



## Preparation Instructions:

CCP: Keep green beans frozen at 0°F or colder until ready to cook.  
Cook green beans according to menu recipe or label instructions.  
Cool green beans slightly for approximately 10 minutes.  
Drain as much excess cooking liquid as possible.  
Place cooled green beans in food processing bowl. Do not fill more than 2/3 full.  
Process for 3 minutes until smooth.  
Add margarine and SimplyThick gel. Process for 1 more minute.  
CCP: Place in pan, cover and reheat to 160°F.  
CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup  
**Calories** 53  
**Protein** 1 gram  
**Carbohydrates** 4 grams  
**Fat** 4 grams

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## Green Peas

**Menu Portion:** 1/2 cup / **Puree Portion:** #12 scoop

Ingredients	3 portions	10 portions	20 portions
Green Peas, frozen	2 cups	6 cups	12 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick® gel	1 stroke	3 strokes	6 strokes



### Preparation Instructions:

CCP: Keep peas frozen at 0°F or colder until ready to cook.

Cook peas according to menu recipe or label instructions.

Cool peas slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled peas in food processing bowl. Do not fill more than 2/3 full.

Process for 4 minutes until smooth.

Add margarine and SimplyThick gel. Process for 1 more minute.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

### Nutrition Information

**Serving Size** 1/2 cup

**Calories** 96

**Protein** 4 grams

**Carbohydrates** 12 grams

**Fat** 4 grams



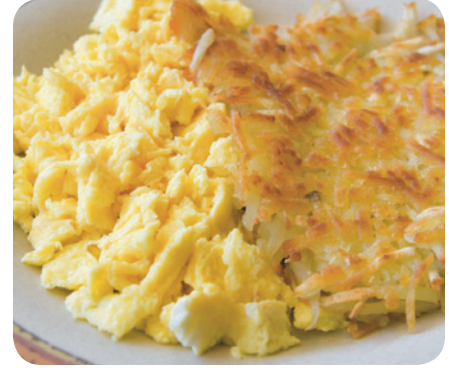
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# Hash Browned Potatoes

**Menu Portion:** 3 ounces / **Puree Portion:** #8 scoop

Ingredients	3 portions	10 portions	20 portions
Hash Browned Patties	9.7 oz. (approx 5)	32 ounces	64 ounces
Meat Broth	1 cup	3 1/3 cups	6 2/3 cups
Vegetable Oil	2 tablespoons	6 tablespoons	3/4 cup
SimplyThick® gel	2 strokes	7 strokes	14 strokes



## Preparation Instructions:

CCP: Keep hash browned patties frozen at 0°F or less until ready to cook.

Cook according to package instructions.

Cool slightly for 10 minutes. Place in food processing bowl.

Do not fill more than 2/3 full.

Add SimplyThick gel, broth and oil.

Process for 5 minutes (necessary to process all crisp potatoes).

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table.

## Nutrition Information

**Serving Size** 3 ounces

**Calories** 165

**Protein** 2 grams

**Carbohydrates** 16 grams

**Fat** 11 grams



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## Mixed Vegetables

**Menu Portion:** 1/2 cup / **Puree Portion:** #12 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Mixed Vegetables, frozen	2 cups	6 cups	12 cups
Margarine	4 teaspoons	4 tablespoons	8 tablespoons
SimplyThick® gel	1 stroke	3 strokes	6 strokes



### Preparation Instructions:

CCP: Keep mixed vegetables frozen at 0°F or cooler until ready to cook.

Cook mixed vegetables according to menu recipe or label instructions.

Cool vegetables slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled mixed vegetables in food processing bowl. Do not fill more than 2/3 full.

Process for 3 to 4 minutes until smooth.

Add margarine and SimplyThick gel. Process for 1 more minute.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

**NOTE:** Color is yellow green, smooth and slight vegetable starch taste. Shape is soft solid when plated.

### Nutrition Information

**Serving Size** 1/2 cup

**Calories** 88

**Protein** 3 grams

**Carbohydrates** 12 grams

**Fat** 4 grams



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# Spinach

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop



<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Spinach, frozen	1 cup	5 cups	10 cups
Margarine	2 teaspoons	10 teaspoons	7 tablespoons
Chicken Broth	2 tablespoons	10 tablespoons	1 1/4 cups
SimplyThick® gel	1 stroke	5 strokes	10 strokes

## Preparation Instructions:

CCP: Keep spinach frozen at 0°F or colder until ready to cook.

Cook spinach according to menu recipe or label instructions.

Cool spinach slightly for approximately 10 minutes.

Drain as much excess cooking liquid as possible.

Place cooled spinach in food processing bowl. Do not fill more than 2/3 full.

Process spinach, SimplyThick gel, margarine, and broth for 1-2 minutes until creamy and smooth.

CCP: Place in pan, cover and reheat to 160°F.

CCP: Place on steam table. Stir before service.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 62

**Protein** 3 grams

**Carbohydrates** 4 grams

**Fat** 4 grams

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# Fruit

Fruit



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# Fresh Strawberries

Menu Portion: 1/2 cup / Puree Portion: #8 scoop

Ingredients	4 portions	10 portions	20 portions
Strawberries, fresh	3 cups	7 1/2 cups	15 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

CCP: Wash fresh berries under rapid running cold water. Remove stems and slice.

Place in food processing bowl. Do not fill more than 2/3 full.

Process berries until smooth.

Add SimplyThick gel and process for 1-2 minutes.

Taste and sweeten as needed with a small amount of sugar.

CCP: Chill to 41°F until service.

**NOTE:** Final product will have tiny seeds remaining. Check with your speech therapist for use.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 38

**Protein** <1 gram

**Carbohydrates** 8 grams

**Fat** 0 grams



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# Fruit Cocktail

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Canned Fruit Cocktail	2 cups	5 cups	10 cups
SimplyThick® gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

Chill fruit cocktail until use.

CCP: Wash can lid before opening.

Drain fruit cocktail and place in food processing bowl. Do not fill more than 2/3 full.

Process fruit cocktail until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 50

**Protein** 0 grams

**Carbohydrates** 14 grams

**Fat** 0 grams



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# Mandarin Oranges

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>2 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Mandarin Oranges, canned	1 1/4 cups	6 1/4 cups	12 1/2 cups
SimplyThick® gel	3 strokes	15 strokes	30 strokes



## Preparation Instructions:

Chill mandarin oranges until ready to use.

CCP: Wash can lid before opening.

Drain oranges, place in food processing bowl. Do not fill more than 2/3 full.

Process oranges until smooth.

Add SimplyThick gel and process for 1-2 minutes.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 80

**Protein** 0 grams

**Carbohydrates** 19 grams

**Fat** 0 grams



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# Peaches

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>7 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Canned Peaches	3 1/2 cups	1 1/4 quarts	2 1/2 quarts
SimplyThick® gel	6 strokes	8 strokes	16 strokes



## Preparation Instructions:

Chill peaches until use.

CCP: Wash can lid before opening.

Drain peaches and place in food processing bowl. Do not fill more than 2/3 full.

Process peaches until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 50

**Protein** 0 grams

**Carbohydrates** 13 grams

**Fat** 0 grams



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# Pears

**Menu Portion:** 1/2 cup / **Puree Portion:** #8 scoop

Ingredients	2 portions	10 portions	20 portions
Canned Pears	1 1/4 cups	6 1/4 cups	12 1/2 cups
SimplyThick® gel	2 strokes	10 strokes	20 strokes



## Preparation Instructions:

Chill pears until use.

CCP: Wash can lid before opening.

Drain pears and place in food processing bowl. Do not fill more than 2/3 full.

Process pears until smooth. Add SimplyThick gel and process for 1 minute.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 78

**Protein** 1 gram

**Carbohydrates** 20 grams

**Fat** 0 grams

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# Pineapple Tidbits

**Menu Portion:** 1/2 cup / **Puree Portion:** #6 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Canned Pineapple Tidbits	2 cups	5 cups	10 cups
SimplyThick® gel	3 strokes	7 strokes	14 strokes



## Preparation Instructions:

Chill pineapple tidbits until use.

CCP: Wash can lid before opening.

Place pineapple and juice in food processing bowl. Do not fill more than 2/3 full.

Process pineapple until smooth.

Add SimplyThick gel and process for 3 minutes.

CCP: Chill to 41°F until service.

Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information

**Serving Size** 1/2 cup

**Calories** 56

**Protein** 0 grams

**Carbohydrates** 15 grams

**Fat** 0 grams



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# Tropical Fruit

**Menu Portion:** 1/2 cup / **Puree Portion:** #10 scoop

<b>Ingredients</b>	<b>5 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Canned Tropical Fruit	3 1/2 cups	7 cups	14 cups
Fruit Juice	1/4 cup	1/2 cup	1 cup
SimplyThick®gel	2 strokes	4 strokes	8 strokes



## Preparation Instructions:

Chill tropical fruit until use.

CCP: Wash can lid before opening.

Drain tropical fruit and save liquid. Place in food processing bowl.

Do not fill more than 2/3 full.

Process fruit until smooth. Add small amount of juice IF NEEDED.

Add SimplyThick gel and process for 2 minutes.

CCP: Chill to 41°F until service. Garnish with gelatin sprinkles or whipped topping.

**NOTE:** Calorie and carbohydrate content depend on canned juice, light or regular sugar syrup.

## Nutrition Information including Juice Pack

**Serving Size** 1/2 cup

**Calories** 113

**Protein** 0 grams

**Carbohydrates** 31 grams

**Fat** 0 grams



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# Desserts

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# Apple Pie

**Menu Portion:** 1/10 pie / **Puree Portion:** #8 scoop

<b>Ingredients</b>	<b>5 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Apple Pie, cut in 1/10	5 pieces	10 pieces	20 pieces
Apple Juice	1/2 cup	1 cup	2 cups
SimplyThick® gel	2 strokes	4 strokes	8 strokes



## Preparation Instructions:

CCP: Keep pie frozen until ready to cook. Cook according to package instructions.

Allow pie to cool to room temperature.

Place pie, juice and SimplyThick gel in food processing bowl. Do not fill more than 2/3 full.

Process ingredients for 2 minutes.

Portion into serving dishes and garnish with whipped topping and sprinkle with cinnamon.

CCP: Chill at 41°F or less until ready to serve.

## Nutrition Information

**Serving Size** 1/10 of  
9 inch pie

**Calories** 301

**Protein** 2 grams

**Carbohydrates** 36 grams

**Fat** 18 grams



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# Chocolate Chip Cookies

**Menu Portion:** 1 ounce / **Puree Portion:** #16 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Chocolate Chip Cookies	4 ounces	12 ounces	24 ounces
Whole Milk	1/3 cup	1 cup	2 cups
SimplyThick®gel	1 stroke	3 strokes	6 strokes



## Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 180

**Protein** 3 grams

**Carbohydrates** 24 grams

**Fat** 9 grams



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# Frosted Chocolate Cake

**Menu Portion:** 2 x 2 piece / **Puree Portion:** #16 scoop

<b>Ingredients</b>	<b>4 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Chocolate Frosted Cake	4 pieces, 2x2 ea.	10 pieces	20 pieces
Whole Milk	1/2 cup	1 1/4 cups	2 1/2 cups
SimplyThick®gel	2 strokes	5 strokes	10 strokes



## Preparation Instructions:

CCP: Prepare cake per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Add cake, cold milk and SimplyThick gel to food processing bowl.

Do not fill bowl more than 2/3 full.

Process for 1-2 minutes.

Pour into serving dishes, garnish with whipped topping.

CCP: Chill at 41°F or less until ready to serve.

## Nutrition Information

**Serving Size** 1/4 cup

**Calories** 122

**Protein** 2 grams

**Carbohydrates** 17 grams

**Fat** 6 grams



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# Peanut Butter Cookies

**Menu Portion:** 1 ounce / **Puree Portion:** #16 scoop

<b>Ingredients</b>	<b>3 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Peanut Butter Cookies	4 ounces	12 ounces	24 ounces
Whole Milk	1/3 cup	1 cup	2 cups
SimplyThick®gel	1 stroke	3 strokes	6 strokes



## Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 178

**Protein** 4 grams

**Carbohydrates** 21 grams

**Fat** 9 grams



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# Oatmeal Raisin Cookies

**Menu Portion:** 1 ounce / **Puree Portion:** #16 scoop

<b>Ingredients</b>	<b>5 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Oatmeal Raisin Cookies	8 ounces	15 ounces	30 ounces
Whole Milk	1/2 cup	2 cups	4 cups
SimplyThick®gel	2 strokes	4 strokes	8 strokes



## Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Process cookies in food processing bowl until fine crumbs, approximately 2 minutes.

Add cold milk and SimplyThick gel.

Process mixture for 2 minutes.

Portion in serving dishes/plates, garnish with whipped topping.

CCP: Chill below 41°F until service. Keep on ice during meal service.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 188

**Protein** 3 grams

**Carbohydrates** 30 grams

**Fat** 7 grams



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# Sugar Cookies

**Menu Portion:** 1 ounce / **Puree Portion:** #16 scoop

<b>Ingredients</b>	<b>7 portions</b>	<b>10 portions</b>	<b>20 portions</b>
Sugar Cookies	8 ounces	12 ounces	22 ounces
Whole Milk	1/2 cup	2 cups	4 cups
SimplyThick® gel	2 strokes	4 strokes	7 strokes



## Preparation Instructions:

CCP: Prepare cookies per facility recipe.

CCP: Keep milk refrigerated at 41°F or less until ready to use.

Add cookies, cold milk and Simply Thick gel to food processing bowl.

Do not fill more than 2/3 full. Process for 1-2 minutes.

Pour into serving dishes, garnish with whipped topping or chocolate syrup.

CCP: Chill below 41°F until service. Keep on ice during meal service.

## Nutrition Information

**Serving Size** 2 ounces

**Calories** 158

**Protein** 2 grams

**Carbohydrates** 22 grams

**Fat** 7 grams

# Thickened Ice Cream

**Menu Portion:** 1/2 cup / **Puree Portion:** Rounded 1/2 cup

Ingredients	2 portions	10 portions	20 portions
Ice Cream	1 cup	5 cups	10 cups
SimplyThick®gel	1 stroke	5 strokes	10 strokes

## Preparation Instructions:

CCP: Keep ice cream frozen at 0°F or less until ready to use.

Soften ice cream for 15 minutes and scoop to place in food processing bowl.

Process ice cream and SimplyThick gel until mixed or particles in ice cream are thoroughly pulverized.

Pour/scoop into individual serving dishes or one container suitable for freezing.

CCP: Freeze at 0°F or less. Remove from freezer when ready to serve.



**NOTE:** Ice cream with SimplyThick gel does not thin at room temperature. Pureeing ice cream blends SimplyThick well and a wide variety of ice cream flavors can be used, even chocolate chips! Final texture is soft spoonable at room temperature. Enjoy a wider variety of flavors and less cost than purchased thickened desserts.

## Nutrition Information

### Vanilla

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	133
<b>Protein</b>	2.3 grams
<b>Carbohydrates</b>	16 grams
<b>Fat</b>	7 grams

## Nutrition Information

### Chocolate

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	143
<b>Protein</b>	2.5 grams
<b>Carbohydrates</b>	19 grams
<b>Fat</b>	7 grams

## Nutrition Information

### Cherry Garcia

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	260
<b>Protein</b>	5 grams
<b>Carbohydrates</b>	26 grams
<b>Fat</b>	16 grams

## Nutrition Information

### Chocolate Chip

<b>Serving Size</b>	1/2 cup
<b>Calories</b>	300
<b>Protein</b>	5 grams
<b>Carbohydrates</b>	26 grams
<b>Fat</b>	20 grams