



**PRECISION
FOODS INC**

Thick-It[®] Molded Puree Recipe Kit

Dear Customer,

Welcome to our Thick-It[®] Molded Puree Recipe Kit! Inside, you will find detailed recipes that will help you create beautiful molded foods using our Thick-It[®] Purees and Thick-It[®] Instant Powders in the comfort of your own home. Whether it's sweet cinnamon French toast at breakfast, or savory Chicken a la King at dinner, these molded foods will look and taste delicious.

About the recipes

All recipes were tested and created in our food lab by our experienced trained staff. The final molded recipes included in this kit were created to provide the best appearance, texture and taste when heated to desired temperature.

Please note: Based on your personal preferences and cooking appliances, the amount of Thick-It[®] Instant Powder and cook times may vary. We suggest following the recommended recipe as listed in the kit first, and adjust if needed. Unmolded Thick-It[®] Purees may include, but do not require, the addition of Thick-It[®] Instant Powder.

We hope you enjoy our Thick-It[®] Molded Puree Recipe Kit, and find it beneficial in your everyday life. If you have any questions regarding the recipes, or would like to share your comments or suggestions with us, please contact our customer service department at 1-800-442-5242.

Enjoy!

The Precision Foods, Inc. Healthcare Team



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Thick-It[®] Molded Puree Recipe Nutritional Information

Serving Size: 1 Mold

	Calories (kcal.)	Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Potassium (mg)	Carbohydrates (g)	Fiber (g)	Sugars (g)	Protein (g)	Gluten Free	Kosher
Puree												
Seasoned Chicken	125	5	2	75	357	160	5	1	0	14	Y	n
Chicken a la King	95	5	2	15	302	55	6	0	1	7	n	n
Carrot and Pea	35	0	0	0	112	70	6	2	2	1	Y	n
Sweet Corn	50	1	0	0	112	80	8	1	3	1	Y	n
Seasoned Green Beans	25	0	0	0	92	36	4	1	1	1	Y	n
Maple Cinnamon French Toast	105	5	3	20	162	25	14	0	4	2	n	n
Beef Stew	12	0	0	2	56	21	1	0	0	1	n	n
Beef in BBQ Sauce	145	6	3	30	412	170	7	0	4	14	Y	n
Salisbury Steak	145	9	4	55	312	180	3	0	0	15	n	n
Omelet with Sausage and Cheese	135	9	4	100	342	60	6	0	0	9	n	n
Caramel Flavored Apple Pie	115	1	0	0	172	40	24	1	15	4	n	n

Please note: This nutritional information includes both the Thick-It[®] Puree and the Thick-It[®] Instant Food Powder Thickener.



Maple Cinnamon French Toast Puree

What you'll need:

- 1 can of Thick-It® Maple Toast Cinnamon French Toast Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of bread molds

Yields: 5 pieces (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Maple Toast Cinnamon French Toast Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Maple Toast Cinnamon French Toast Puree.
- Stir the Thick-It® Powder into the Thick-It® Maple Toast Cinnamon French Toast Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Omelet with Sausage and Cheese Puree

What you'll need:

- 1 can of Thick-It® Omelet with Sausage and Cheese Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of slice molds

Yields: 5 slices (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Omelet with Sausage and Cheese Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Omelet with Sausage and Cheese Puree.
- Stir the Thick-It® Powder into the Thick-It® Omelet with Sausage and Cheese Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Beef in Barbeque Sauce Puree

What you'll need:

- 1 can of Thick-It® Beef in Barbeque Sauce Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of slice molds

Yields: 5 slices (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Beef in Barbeque Sauce Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Beef in Barbeque Sauce Puree.
- Stir the Thick-It® Powder into the Thick-It® Beef in Barbeque Sauce Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Beef Stew Puree

What you'll need:

- 1 can of Thick-It® Beef Stew Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of beef stew molds

Yields: 35 pieces (about 1 tsp. of product/ mold)



Directions:

- Open 1 can of Thick-It® Beef Stew Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Beef Stew Puree.
- Stir the Thick-It® Powder into the Thick-It® Beef Stew Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out about 1 tsp. of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 1 minute and 30 seconds and check for doneness.
- Enjoy!

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Chicken a la King Puree

What you'll need:

- 1 can of Thick-It® Chicken a la King Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of chicken molds

Yields: 5 pieces (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Chicken a la King Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Chicken a la King Puree.
- Stir the Thick-It® Powder into the Thick-It® Chicken a la King Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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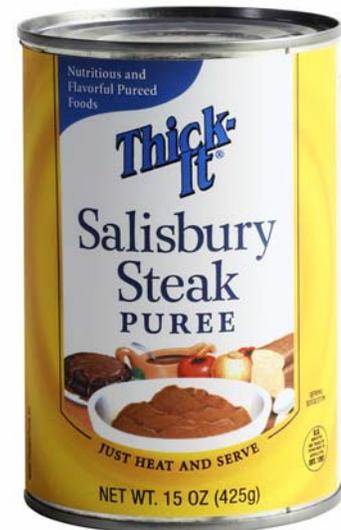


Salisbury Steak Puree

What you'll need:

- 1 can of Thick-It® Salisbury Steak Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of slice molds

Yields: 5 slices (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Salisbury Steak Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Salisbury Steak Puree.
- Stir the Thick-It® Powder into the Thick-It® Salisbury Steak Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Seasoned Chicken Puree

What you'll need:

- 1 can of Thick-It® Seasoned Chicken Puree
- 5 Tbsp. of Thick-It® Original Thickener
- 1 tray of chicken molds

Yields: 5 pieces (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Seasoned Chicken Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 5 Tbsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Seasoned Chicken Puree.
- Stir the Thick-It® Powder into the Thick-It® Seasoned Chicken Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Carrot and Pea Puree

What you'll need:

- 1 can of Thick-It® Carrot and Pea Puree
- 2 Tbsp. plus 1 tsp. of Thick-It® Original Thickener
- 1 tray of carrot molds

Yields: 7 carrots (1/4 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Carrot and Pea Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 2 Tbsp. plus 1 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Carrot and Pea and Cheese Puree.
- Stir the Thick-It® Powder into the Thick-It® Carrot and Pea Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/4 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 1 minute and 30 seconds and check for doneness.
- Enjoy!

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Sweet Corn Puree

What you'll need:

- 1 can of Thick-It[®] Sweet Corn Puree
- 2 Tbsp. plus 1 tsp. of Thick-It[®] Original Thickener
- 1 tray of corn molds

Yields: 7 cobs (¼ cup of product/ mold)



Directions:

- Open 1 can of Thick-It[®] Sweet Corn Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 2 Tbsp. plus 1 tsp. of Thick-It[®] Original Powder Thickener and pour into the bowl containing the Thick-It[®] Sweet Corn Puree.
- Stir the Thick-It[®] Powder into the Thick-It[®] Sweet Corn Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out ¼ cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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Thick-It® Seasoned Green Bean Puree

What you'll need:

- 1 can of Thick-It® Seasoned Green Bean Puree
- 2 Tbsp. plus 1 tsp. of Thick-It® Original Thickener
- 1 tray of green bean molds

Yields: 7 green beans (¼ cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Seasoned Green Bean Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 2 Tbsp. plus 1 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Seasoned Green Bean Puree.
- Stir the Thick-It® Powder into the Thick-It® Seasoned Green Bean Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out ¼ cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 1 minute and 30 seconds and check for doneness.
- Enjoy!

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Caramel Flavored Apple Pie Puree

What you'll need:

- 1 can of Thick-It® Caramel Apple Pie Puree
- 1 Tbsp. plus 2 tsp. of Thick-It® Original Thickener
- 1 tray of pie molds

Yields: 5 slices (1/3 cup of product/ mold)



Directions:

- Open 1 can of Thick-It® Caramel Apple Pie Puree and pour contents into a large bowl.
- Using a measuring spoon, portion out 1 Tbsp. plus 2 tsp. of Thick-It® Original Powder Thickener and pour into the bowl containing the Thick-It® Caramel Apple Pie Puree.
- Stir the Thick-It® Powder into the Thick-It® Caramel Apple Pie Puree with a spoon until you no longer see the powder.
- Using a measuring cup, portion out 1/3 cup of the mixture, spoon contents into the mold and spread evenly.
- Repeat until all of the mixture is placed into the molds.
- Cover with plastic wrap and freeze overnight.
- Remove mold from freezer and pop out molded food.
- Microwave for 2 minutes and check for doneness.
- Enjoy!

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