

# Beef and Sweet Potato Puree with Thyme

IDDSI Level 4

Dinner

Recipe source: Beyond the Blender Dysphagia Cookbook

Time to make: 45 mins

Servings: 2

## Ingredients:

250g beef steak, cut into 2x2cm cubes (all fat removed)

2 medium sweet potatoes, peeled and cut into 2x2cm cubes

2 cups beef stock (reduced salt recommended)

1 tbsp thyme leaves, stalks removed and finely chopped

**Optional:** sour cream or plain Greek yoghurt to serve.

## Instructions:

- Cut beef and sweet potato to size, and place in medium saucepan. Pour over beef stock and add thyme leaves.
- Bring saucepan to the boil over medium heat, and then reduce to simmer for 25–35 minutes, until sweet potato is mashable and meat is tender.
- Remove from heat and allow to cool slightly. Transfer all ingredients to a blender or food processor and puree until completely smooth, adding small amounts of additional beef stock if needed.
- Transfer to bowls and top with dollop of sour cream or Greek yoghurt if desired.

## Dietitian's Top Tips:

- Beef provides a good source of iron, zinc and B vitamins. You could also try this recipe with lentils or chicken to increase variety of protein sources within your diet.
- To save time, cook additional portions of this recipe and freeze to reheat for an alternative day.

