

LYONS THICK & EASY®

Spinach & Mushroom Beef Roast

INGREDIENTS

	6 Servings	16 Servings
SPINACH FILLING		
Spinach, cooked and drained	1/3 cup	2/3 cup
Butter, softened	½ Tbsp	1 Tbsp
Water or broth	2 Tbsp	¼ cup
THICK & EASY® Shape and Serve® Thickener Powder | Item: 21170	2 Tbsp	¼ cup
MUSHROOM FILLING		
Mushrooms, sliced	6 oz	12 oz
Butter	1 Tbsp	2 Tbsp
Water or broth	3 Tbsp	1/3 cup + 1 Tbsp
THICK & EASY® Shape and Serve® Thickener Powder | Item: 21170	2 Tbsp	¼ cup
BEEF		
THICK & EASY® Pureed Bulk Beef* | Item: 78544	18 oz (½-2.25 lb. bag)	36 oz (1-2.25 lb. bag)
Onion powder	1 tsp	2 tsp
Garlic powder	½ tsp	1 tsp
Dry mustard	1 tsp	2 tsp
Black pepper, fine ground	½ tsp	1 tsp
Salt	1 tsp	2 tsp
Thyme leaves	1 tsp	2 tsp
THICK & EASY® Shape and Serve® Thickener Powder | Item: 21170	2 Tbsp	¼ cup
Beef or mushroom gravy for garnish (smooth; no lumps or particulates)	As needed	As needed

*Thawed and heated according to package directions

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DIRECTIONS

MUSHROOM FILLING

1. Sauté mushrooms in butter until softened.
2. Combine mushrooms with water in a food processer and puree until smooth, scraping down sides of processor bowl as needed.
3. Add **THICK & EASY® Shape and Serve® Thickener Powder** and blend well; set aside.

SPINACH FILLING

1. Combine cooked and drained spinach, softened butter and water in a food processer and puree until smooth, scraping down sides of processor bowl as needed.
2. Add **THICK & EASY® Shape and Serve® Thickener Powder** and blend well; set aside.

MEAT

1. In a large mixing bowl, combine the onion powder, garlic, mustard, black pepper, salt, and thyme with the thawed, heated **THICK & EASY® Pureed Bulk Beef**.
2. Add **THICK & EASY® Shape and Serve® Thickener Powder** and stir well.
3. Divide mixture in half and spread one half evenly into bottom of pan.
4. Spread spinach and mushroom fillings evenly over beef layer in pan.
5. Top with remaining pureed beef and spread evenly.
6. Cover tightly with aluminum foil and bake at 350˚F or heat in steamer until temperature reaches 165˚F and knife inserted in center of pan comes out clean.
7. Let rest for at least 5 minutes before cutting and portioning.
8. Serve one 3 oz portion with gravy, if desired.

NUTRITION

Serving Size:
~3 oz per serving

Calories: 200

Total Fat: 11g

Saturated Fat: 5g

Trans Fat: 0g

Cholesterol: 40mg

Sodium: 850mg

Total Carbs: 8g

Dietary Fiber: <1g

Total Sugars: <1g

Added Sugars: 1g

Protein: 18g

Vitamin D: 0% DV

Calcium: 6% DV

Iron: 15% DV

Potassium: 6% DV

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