

Sloppy Joe

For Minced and Moist Diets

6 - ½ cup Servings

Ingredients

- 1 lb. Ground Beef
- ¼ cup Onions*
- 2 tsp. Garlic, minced
- ⅓ cup Tomato Paste
- ⅓ cup Water
- 1 Tbs. Vinegar
- 1 tsp. Dry Mustard
- Dash of Black Pepper
- 2 tsp. Brown Sugar

*Chopped small (4mm) using a knife or food processor



Directions

- 1 Mince the onions to be 4mm in size.
The pieces should fit between the tines of a fork. Set aside.
- 2 Mince the garlic the same way, set aside.
- 3 Brown beef in a pan and chop into small pieces (4mm cooked)(the pieces should fit between the tines of a fork), then drain off fat.
Remove beef from pan and set aside.
- 4 Add onion and garlic to pan juices and cook approx. 5 minutes, until onions are soft.
- 5 Add tomato paste, water, vinegar, mustard, pepper, and brown sugar to pan. Mix well and simmer for a few minutes until half of the liquid has evaporated.
- 6 Add meat back into pan and simmer until liquid has mostly evaporated and it is saucy but not dripping. Sauce should cling to the meat but not pool in the pan.



See Tip Sheet for Minced and Moist Foods. Do Spoon and Fork Tests.

Tips for Minced and Moist Foods

Characteristics

- Soft and moist, but with no liquid dripping or leaking from the food
- Biting is NOT required
- Minimal chewing is required
- Lumps of 4 mm in size, fit between the tines of a fork
- Lumps are soft enough to be mashed with the tongue
- Food can be easily mashed with just a little pressure from a fork
- You should be able to scoop food onto a fork, with no liquid dripping through and no crumbs falling off the fork
- For people who cannot bite food but can chew food
- Are eaten with a spoon or a fork



Examples of Minced and Moist Foods

Meat



Served finely minced or chopped to 4mm lump size served in a thick, smooth, non pouring sauce or gravy.

Fruit



Served finely mashed or use a blender to finely chop it into to 4mm lump size pieces (drain any excess liquid).

Vegetables



Cooked, finely mashed or use a blender or food processor to finely chop it into to 4mm lump size pieces (drain any excess liquid).

Fish



Served finely mashed or chopped to 4mm lump size served in a thick, smooth, non-pouring sauce or gravy.

Rice



Requires a sauce to moisten it and hold it together. Rice should not be sticky or gluey and should not separate into individual grains when cooked and served. May require a thick, smooth, non-pouring sauce to moisten and hold the rice together.

Cereal



Served thick with small soft 4mm lumps. Any milk/fluid should not separate from the cereal. Drain any excess liquid before serving.

NO REGULAR DRY BREAD due to high choking risk!

Foods to Avoid That Pose a Choking Hazard

Mixed thin and thick textures	→ Soup with pieces in it, cereal with milk
Hard or dry food	→ Nuts, dry cereal, bread, raw vegetables, bones
Tough or fibrous foods	→ Steak, pineapple
Chewy foods	→ Cheese, dried fruit, marshmallows
Crisp or crunchy foods	→ Crisp bacon, corn flakes, chips
Crumbly bits	→ Dry cake or biscuits
Seeds	→ Pumpkin seeds, white parts of orange
Foods with skins	→ Peas, grapes, sausage skin, salmon skin
Foods with husks	→ Corn, shredded wheat, or bran
Round long shaped foods	→ Grapes or sausage
Sticky or gummy foods	→ Nut butter, overcooked oatmeal, gelatin
Stringy foods	→ Bean, rhubarb
Floppy foods	→ Lettuce, cucumber, uncooked baby spinach leaves
Crust formed during cooking	→ Crust or skin that forms on food during cooking, for example cheese topping or roasting
Juicy foods	→ Where juice separates from the foods in the mouth as in watermelon
Large or hard lumps of food	→ Casserole pieces larger than 4mmx4mmx15mm; fruit, vegetable, meat or other food pieces larger than 4mmx4mmx15mm

Recommended Equipment

Tips

- Remember to only pulse vegetables one or two times, you do not want to over process vegetables.
- Work in batches, don't overfill the container.
- Always add the sauce to vegetables after processing.



Robot Coupe

For large quantities a Robot Coupe works best.



Food Processor

For small or medium quantities, a food processor works best.



Mini Food Processor

For very small quantities a mini food processor works best.

How To Know If the Food is the Right Texture?

Do the Spoon and Fork Tests

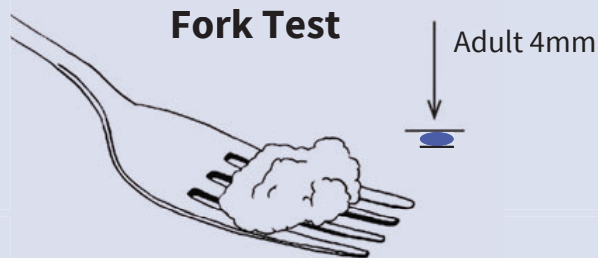
Spoon Test

Sample holds its shape on the spoon and falls off fairly easily if the spoon is tilted or lightly flicked.

Sample should **not** be firm or sticky.



Fork Test



For adults the lump size is 4mm, which is about the gap between the prongs of a standard dinner fork.

This guide conforms to the dietary standards for Level 6 Soft and Bite Sized according to the International Dysphagia Diet Standardization Initiative. These are not official IDDSI resource and are not meant to replace materials and resources on www.iddsi.org.