group consisting of meat/beans, cheese, yogurt, grains, pasta, fruit, vegetables, or combinations thereof. The dry ingredients may also include starches, seasonings, herbs, flavors, or combinations thereof.

**[0029]** In an embodiment, when the slurry is cooled directly, the second slurry is colder than the second predetermined temperature at the addition step. The second slurry may have a temperature of equal to or less than about 50ºF. In an embodiment, the second slurry may have a temperature between about 20ºF and about 50ºF. In another embodiment, the second slurry has a temperature below about 32ºF.

**[0030]** In an embodiment, the first predetermined temperature is from about 170ºF to about 200ºF, or about 180ºF.

**[0031]** In an embodiment, the heating is accomplished by direct steam injection or indirect steam jacketed.

**[0032]** In an embodiment, the second predetermined temperature is from about 50ºF to about 100ºF, or about 70ºF.

**[0033]** In an embodiment, the direct cooling is accomplished by a step selected from the group consisting of adding frozen particulates to the first slurry, adding ice to the first slurry, exposing the heated slurry to ambient temperature, or combinations thereof.

**[0034]** In an embodiment, the second slurry comprises ice, cold water and a source of potassium chloride. The source of potassium chloride may be a ready-to-use mixture of potassium chloride and at least one flavorant. The at least one flavorant may be a taste masking flavorant. The source of potassium chloride may be present in an amount from about 0.1% to about 1.0% by weight of the nutritional composition, or 0.2% to about 0.5%, or 0.3% to about 0.4%.

**[0035]** In an embodiment, the method further includes the step of mixing the first slurry with the second slurry to achieve a third predetermined temperature. The third predetermined temperature may be from about 50ºF to about 100ºF, or about 70ºF.

**[0036]** In another embodiment, a method for producing a low sodium nutritional composition is provided. The method includes preparing a slurry, heating the slurry to a first predetermined temperature, cooling the slurry to a second