



“Beginner Veggies” for a Baby



Beginner Veggies for a Baby or Toddler

A baby's first introduction to solids is a momentous day!

There is nothing more healthy than an home-made vegetable or fruit puree. Its the only way that you know that there are no horrible hidden preservatives and other colouring or flavours added. You know exactly what your toddler is eating and you can control the tastes and spices accordingly.

- Peas with a hint of Mint
 - Gem Squash Delight
 - Butternut Temptation
- Root Vegetable Harvest
 - Double Potato
- Mixed Veggie Supreme
 - Beans and Potato
- Cauliflower in creamy sauce
 - Carrot-Rice Puree
 - Cheesy Potato
 - Pureed Vegetables
 - Cauliflower Cheese
- Steamed Green Pea Puree
- Sweet Potato and Apple Combo
 - Sweet Potatoes with Peaches
 - Carrots & Rice Puree

Enjoy your Baby's first Taste Sensations !





“Beginners Veggies” for a Baby Toddler



Tips and ideas for Beginners

- Most purees can be cooked and frozen immediately in portions that are "just right". Get yourself a set of those small Tupperware or similar plastic containers and off you go.
- Remember to label the containers with the contents and the date. You can quite safely keep them for up to 2 months in the deepfreeze. Try introducing your baby to one new flavour at a time. Fruit puree is usually first as it is so easy to digest.
- You will be amazed at how quickly your toddler will progress on to yummy veggies and other combinations.
- Did you know: In addition to perking up the flavor of the vegetables, mint is well-known calminative, and can help relieve baby's painful gas or colic.
- To make a puree use a liquidiser or blender but you could use a fork or a masher, or you could also push it through a sieve.

- Try combinations that have similar cooking times e.g. butternut and potatoes.
- Purees can be made by steaming, boiling or microwaving the fruit and vegetables. Drain the veggies and fruit very well otherwise you will end up with a runny mess.
- Always mash potatoes with a fork or masher. Don't use a blender or the food processor as they will break down the starch and make the mash too sticky and glutinous.
- You could substitute the water in a recipe with milk or formula to boost the nutritional value. Or use half water, half milk.
- When your toddler is well on his way and is enjoying his new taste sensations, add finely grate cheese to his midday meals, for that extra healthy kick. Avoid cheese at night as its much more difficult to digest.
- Brown rice (or white) is a great substitute for potato, if needed in a recipe. Depending on your baby's skill at chewing, puree the rice to the smoothness he can handle.
- Pasta (noodles) is also a good substitute for potatoes in the recipes.

Cook until very well done and then mash to the thickness or smoothness you require.

- Check out our other Yummy “Beginners Fruit” recipes and also “Smoothies and Milkshakes” Recipes for even more ideas!

Other Veggie Ideas and Combinations to try

POTATOES and one or more of:

- Carrots
- Pumpkin
- Butternut
- Gem Squash
- Green Beans
- Peas
- Cabbage
- Spinach

Substitute **Pasta Noodles or Rice** for any dish containing potatoes.

Apple Sauce or Pear Sauce can be added to any vegetable puree for additional nutrition and they do not affect the basic taste of the vegetables.

Once your toddler enjoys a particular recipe, and can do some “chewing”, **introduce very finely ground:**

- Chicken Breasts (no skin)
- Cold Meat such as ham - NOT processed polonies and such!
- Poached fish such as Hake

Remember: Don't introduce too many different tastes too soon! Let your toddler decide what he or she likes and don't force the issue. There are lots of other ways to introduce those famous green beans later.





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Peas with a hint of Mint

Yield: 4 portions

- 2/3 c Shelled fresh peas
- 1/2 c Trimmed green beans
- Sprig of fresh mint
- 1 c Water

Put all ingredients in a saucepan and simmer for 10 minutes.

Drain, remove the mint, and puree the vegetables in a food mill to get rid of the indigestible husks from the peas.

Add water or formula, as needed.

In addition to perking up the flavor of the vegetables, mint is well-known calminative, and can help relieve baby's painful gas or colic.

Butternut Temptation

- 1 Butternut (Diced and Peeled)
- 1 Small Potato
- Boiled Water

Add the the above to a small pan and bring to the boil.

Reduce heat and simmer until the butternut and potato are both very soft.

Take off the heat, strain the water into a bowl and allow to cool slightly.

Make a puree out of the butternut and potato.

Gem Squash Delight

- 1 Gem Squash
- 1 Small Potato (Diced and Peeled)
- Boiled Water

Add the the above to a small pan and bring to the boil, reduce heat and simmer until the squash and potato are both very soft.

Take off the heat, strain the water into a bowl and allow to cool slightly.

Scoop the gem squash out into a bowl and add the potato, make a puree out of it.

Use a liquidiser or blender but you could use a fork or a masher, or you could also push it through a sieve.

If it becomes to dry, add some of the water you drained, this is full of goodness.

Make sure there are no lumps and that it is smooth enough for your baby, it should be quite runny.

Root Vegetable Harvest

- 1 Carrot (Peeled and Diced)
- 1 Potato (Peeled and diced)
- Boiled Water

Add the above to a small pan and bring to the boil.

Reduce heat and simmer until both are very soft.

Take off the heat and allow to cool slightly.

Puree the vegetables..

Mixed Veggie Supreme

- 1 Potato (Peeled and Diced)
- 1 Carrot (Peeled and Diced)
- 1 Swede (looks like a white carrot!)

Prepare and cook a potato, swede and carrot until soft. You can steam, microwave or boil them.

Then mash the veg into a purée using a little of your baby's usual milk (breast or formula).

The swede and carrot can be puréed in a processor, but mash the potato with a fork because the food processor will break down the starch and make it too sticky.

Variations:

Give it a twist: For a sweeter tasting mix, use a sweet potato instead of a normal potato.

Or substitute the swede with a meat purée made from lean minced beef or pork.

Or try a combination of Peas, Carrot and Potato

OR another combination could be Broccoli and Potato.

Beans and Potato

- Boil 1 med sized potato and mash.
- Boil 1 egg and mash well.
- Mix in 2 teaspoons plain yoghurt.

Mash Potatoes with egg and yoghurt

If desire, add some grated cheese on the top and bake till cheese is melted.





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Double Potato

- 1 Sweet Potato (Peeled and Diced)
- 1 Potato (Peeled and Diced)
- Boiled Water

Add the above to a small pan and bring to the boil.

Reduce heat and simmer until both are very soft.

Take off heat and allow to cool slightly.

Puree until smooth.

Cauliflower in creamy sauce

Break about 60 g of fresh or frozen cauliflower into small sprigs and boil or steam until tender.

Mix 2 tablespoons milk with 1 teaspoon dry milk powder or ricotta cheese and 3/4 teaspoon cornflour.

Stir in a small saucepan until thickened.

Drain the cauliflower thoroughly, chop or mash, and stir into the sauce.

*Use this recipe also for diced carrots, tiny sprigs of broccoli, or pumpkin.

Cheesy Potato

- 1 medium potato boiled
- 1 Tablespoons grated Cheddar or Gouda (more or less if baby prefers)
- 2 Tablespoons Full Fat Plain Yoghurt

Mash all together.

Carrot-Rice Puree

- 2 tb Brown rice, uncooked
- 6 Carrots, scrubbed and chopped in small pieces
- 1 1/3 c Water (or broth or leftover cooking liquid from cooking vegetables)
- 1 teaspoon sweet butter (optional)

A nutritious, smooth dish with a bit of texture for older infants.

Place rice and carrots in a saucepan with the water and cover.

Simmer until the water is absorbed - about 30 to 40 minutes.

When cool enough to handle, puree in blender or food processor with butter until smooth.

Refrigerate, or freeze leftovers in ice cube tray.

Makes 1-1/2 cups

Pureed Vegetables

Servings: 6

- 1 Potato, cooked and chopped
- 1 Carrot, scrubbed and chopped
- 1/2 Baby Marrow, scrubbed, peeled and chopped
- 1/2 Celery stalk, scrubbed and chopped (or onion)
- Optional: chicken breast meat, cooked, skinned, all bones removed

Place all ingredients in a small saucepan and cover with cold water.

Bring to a boil and simmer until all ingredients are tender.

Put in blender or food processor with a little of the liquid to facilitate blending.

If you're traveling, you can always put this in a wide-holed Thermos and serve whenever you need it.

Cauliflower Cheese

- 3 - 4 Florets of Cauliflower
- 25g Butter
- 2 Tablespoons plain flour
- 150ml Milk (Breast or Formula)
- 2 Tablespoons grated Cheddar Cheese

Microwave, steam or boil three or four florets of cauliflower.

Make the cheese sauce by heating 25g of butter with 2 tablespoons of plain flour.

Let this melt into a smooth paste, the gradually stir in 150ml of your baby's usual milk and heat.

Once it's thickened and bubbling, remove the pan from the heat and add two tablespoons of grated mild cheddar cheese.

Mash or chop up the cauliflower, then stir in the cheese sauce.

Give it a twist: You can also add mashed broccoli to give the dish a bit of colour and variety.

Or swap the cauliflower for mashed broccoli or carrots for yet another variation.





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Eggy potatoes

Beat 1 egg into 2 tablespoons of left over mashed potato and steam or microwave in a small bowl or fry in 1 teaspoon of butter until the egg is set.

Carrots & Rice Puree

- 2 Tablespoons Brown rice, uncooked
- 6 Carrots, scrubbed and chopped in small pieces
- 1 1/3 c Water (or broth or leftover cooking liquid from cooking vegetables)
- 1 teaspoon butter (optional)

A nutritious, smooth dish with a bit of texture for older infants.

Place rice and carrots in a saucepan with the water and cover.

Simmer until the water is absorbed- about 30 to 40 minutes.

When cool enough to handle, puree in blender or food processor with butter until smooth.

Refrigerate, or freeze leftovers in ice cube tray.

Makes 1-1/2 cups

Sweet Potato and Apple Combo

- 1 Sweet Potato, (Peeled and Diced)
- 1 Sweet Dessert Apple (Peeled, Cored and Diced)
- 175 - 200 ml Boiled Water

Simmer until soft and press through a sieve

Steamed Green Pea Puree

Freezes: 2 months

- 3/4 pound fresh peas, shelled (1 cup), or 1 package (10 oz.; 2 1/2 cups) frozen peas

Bring one inch water in a medium saucepan to a boil.

Steamer method: Place the peas in a steaming basket and set the basket in the pan.

Lower the heat, cover the pan, and steam until the peas are tender, about 7 minutes for fresh peas, 6 minutes for frozen.

The steaming time will, of course, vary with the freshness of the peas.

Poaching method: place about 1 inch of water in a pot that is large enough to take all the peas so that they are just covered in the water. Bring to the boil and then simmer gently until they are soft.

Transfer the peas to a blender or food processor and process to the consistency you want.

Add water, 1 teaspoon at a time, if needed, to make a smoother puree.

Freeze any puree that you are not using right away.

Makes 1 cup puree from fresh peas, 1 3/4 cups puree from frozen peas

Sweet Potatoes with Peaches

Try serving plain baked or steamed sweet potatoes to your young eater first.

Once you are sure he or she enjoys the taste, blend it with ripe peaches or other favourite fresh fruits.

Preparation Time: 10 minutes, Cooking Time: 12-15 minutes, Freezes: 2 months

- 3 medium sweet potatoes, peeled and cut into 1/2 in. thick slices
- 2 ripe medium peaches, peeled, pitted, and cut into wedges

Bring 1 inch water in a medium saucepan to a boil.

Steamer method: Place potatoes in a steaming basket and set the basket in the pan. Lower the heat, cover the pan, and steam 6 minutes.

Poaching method: place 1 inch of water in a pot that is large enough to take all the ingredients so that they are all submerged in the water. Bring to the boil and then simmer gently until they are almost soft.

Add the peaches to the basket, cover again, and steam until the potatoes are tender, 4 minutes or longer.

Transfer the potatoes and peaches to a blender or food processor.

Process to the desired consistency, adding water, 1 teaspoon at a time, if needed.

Freeze any puree that you are not using right away.

