bébé, it's time to eat!

recipes, tips & inspiration

Hamilton Beach

bébé

BABY FOOD MAKER

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INTRODUCTION

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bébé, it's time to eat!

Congratulations! You've taken the first step toward making your baby's experience with food healthy, fresh, and delicious! The Hamilton Beach Baby Food Maker streamlines the entire process, from slicing and shredding to steaming and pureeing. This adaptable appliance will grow with you as you guide your baby from the early days of spoon-feeding purees to toddler-size finger foods and beyond.

Why make your own baby food? Of course, you want the very best for your baby, and that means having control over what goes into their tummy. Choosing the freshest ingredients and preparing them yourself is not only good for baby, it's also good for your peace of mind.

Around four to six months of age, most babies are ready to try food, starting with thin infant cereal. This booklet provides excellent tips, suggestions, and recipes, but check with your pediatrician first about the appropriate food to feed your baby and how to introduce these depending on his or her development. Your pediatrician's recommendations and your own opinions are your best guides to what is right for your baby.

Here's your first tip as you begin your baby food journey: never leave a child unattended while eating.

Enjoy!

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when to start solid food

There are five key questions to ask yourself before you first begin to feed your baby solid food:

1. Is your baby between four to six months old? Do not start solid food before four months; no baby is developmentally ready before four months. Your baby's digestive tract isn't mature enough and solid foods don't help a baby to sleep through the night.
2. Has your baby doubled in birth weight or weigh at least 13 pounds?
3. Can your baby sit well by holding their head and torso upright?
4. Does your baby have interest when you are eating, open their mouth for food when they see a spoon, or reach for objects?
5. Does your baby let you know when they are full by crying, turning their head or closing their mouth away from a bottle?

If the answers to all five questions are yes, you can start the exciting phase of feeding your baby solid foods.

purchasing groceries for baby food

- Buy baby cereal with added iron for baby's first food. Try rice cereal before trying oat and barley cereals.
- Purchase organic fruits, vegetables, and protein.
- Buy the freshest fruits and vegetables and use what you buy in a day or two.
- Frozen fruits and vegetables are fine to use if fresh produce isn't available.

before preparing baby food

- Scrub all fruits and vegetables well with a vegetable brush before preparing.
- Before cooking, trim or remove any pits, peels, and seeds from the food to help prevent choking.
- Remove any bones, fat and skin before cooking poultry, beef, pork, lamb, or fish.
- Never use raw eggs in baby food.

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preparing baby food

- Always wash your hands before preparing your baby's food.
- Avoid adding any type of fat to any food prepared for your baby.
- Do not add salt to any food that you are giving your baby.
- Babies do not need sweetened food. Honey and corn syrup should never be given to babies, since these two products can cause food poisoning (botulism), which could be fatal to your baby. After your baby turns one, honey and corn syrup can be introduced.
- Use the "liquid" from steaming fruits or vegetables if you need to thin down the consistency of your baby's food. Do not use "steaming liquid" from carrots, spinach, beets, and collard greens if your baby is less than six months old because these vegetables are high in natural nitrites.
- Always add a little liquid (breast milk, formula, or steaming liquid) as you blend your mixture to get the consistency your baby needs.
- Grains can be added to baby's food, but be sure to cook them first according to the package directions.
- Any prepared food should be divided immediately and frozen in one of the storage containers included with your Baby Food Maker.

feeding your baby

- Start with cooked vegetables, adding one new food at a time. Wait five days before giving baby another new food. That gives you time to watch out for signs of food problems or allergic reactions.
- Raw fruits & vegetables can cause choking in babies under one year.
- Your baby might not like a food the first time, but he or she should be given the same food again. It takes time for babies to get used to new flavors.
- Portion out the amount of food that you think your baby can eat. Any remaining food after eating should be thrown out, since it has your baby's saliva in it. Saliva can cause bacteria to grow, which can make your baby sick.
- Baby food should be served no warmer than body temperature.
- Make feeding time a happy time for baby. Everything should be prepared ahead so it is ready to eat when it's time to feed baby. Sit down, relax, and talk to your baby to make feeding time fun for both of you.

IMPORTANT: Always consult your pediatrician regarding nutrition and the feeding of your child. The information contained in this guide is not meant as medical advice to replace that of your pediatrician.

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reheating baby food

- Always wash your hands before preparing your baby's food.
- If reheating your baby's food in the microwave, use caution. Foods heated in a microwave have hot spots, so let the food stand a few minutes and be sure to stir your baby's food before you test the temperature.

storage of baby food

- Frozen fruits and vegetables can be stored in the freezer for six to eight months. Frozen meat, poultry, and fish can be stored in the freezer for one to two months.
- When freezing prepared foods, remember to label with the date and contents.

Freshly Made Food	Refrigerator	Freezer
Pureed Fruits and Vegetables	2-3 days	6-8 months
Pureed Meats and Eggs	1 day	1-2 months
Meat/Vegetable Combinations	1-2 days	1-2 months

safe handling

- Always thoroughly cook meat, poultry, fish, and eggs.
- Carefully handle uncooked meats, fish and poultry to prevent raw juices touching or contaminating other food.
- Refrigerate or freeze prepared foods immediately in 3 oz. containers.
- Serve baby food from a dish and throw away uneaten food.
- Bacteria from a baby's mouth contaminates the food, where it can grow and multiply before being served again. Too much bacteria can make your baby ill.

food that may cause allergic reactions

Some allergic reactions such as skin rash, gas, breathing problems, and diarrhea may occur. Most babies outgrow these allergies.

Cow's Milk	Soy Products (like Soy Milk & Tofu)	Corn Products
Orange Juice	Peanuts or other Nuts	Fish & Other Seafood
Egg Whites	Chocolate	Raw Tomatoes
Wheat Products	Strawberries	

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stage 1 (4 TO 7 MONTHS)

Up to 3 months of age, babies are only able to suck and swallow. At 4 months, babies begin to show signs that they are ready to eat. They can move their tongue up and down. They can sit up with support. Their mouths open when they see food and they will lean toward the spoon. They can pull in their upper or lower lip as the spoon is removed from their mouth. That is a sign that your baby is ready for baby cereal mixed with breast milk or formula.

At 6 to 8 months, babies can swallow semisolid foods without choking and can drink from a cup with help. Now's the perfect time for pureed vegetables and fruits! Start with vegetables, adding one new food at a time. Wait 3 to 5 days before giving baby another new food so you can watch for allergic reactions. At 7 months, start teaching baby to drink from a cup and introduce juice. Mix 2 ounces of juice with 2 ounces of water. Limit juice to 2 ounces of juice per day.

Tip: When pureeing steamed Stage 1 food, the mixture should be very smooth and practically a liquid. It should be thin enough to run off a feeding spoon. Add enough breast milk, formula, or steaming liquid to your mixture until you reach this consistency.

Type of Food	Number of Servings	Serving Size
Breastmilk or Formula	3 to 5	6 to 8 oz.
Baby Cereal	2	2 to 4 tablespoons
Fruits/Vegetables	4	2 to 3 tablespoons

stage 2 (8 TO 10 MONTHS)

Babies grow quickly during the first year. How they develop will tell you which foods they are ready for next. At 8 months, babies can move their tongues from side to side. They have some teeth and can begin to chew. They like to hold food themselves and use their fingers to feed themselves. With a little help, they can try to use a spoon and drink from a cup with less spilling. Let your baby decide what they like and dislike. Sometimes it takes a few tries before baby will like a new food. Give them a variety of foods, and just because you don't like something does not mean your baby won't!

Tip: When pureeing steamed Stage 2 food, the mixture should be a little thicker than Stage 1, yet it should be smooth enough to mash between gums. Add enough breast milk, formula, or steaming liquid to reach this consistency.

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Type of Food	Number of Servings	Serving Size
Breastmilk or Formula	3 to 4	6 to 8 oz.
Baby Cereal, soft bread or crackers	4	2 to 4 tablespoons, 1/2 piece of bread or 2 crackers
Fruits/Vegetables	4	3 to 4 tablespoons
Cooked chicken, beef, pork, beans, or egg yolks (no egg whites)	2	3 to 4 tablespoons

stage 3 (11 TO 12 MONTHS)

By 11 months, your baby likes mealtime and will enjoy playing with their food. Watch out for messy hands, but don't expect good table manners! At this age, babies still need breast milk or formula. They can eat most soft table foods as long as they are cut into baby-bite-size pieces. They have mastered the "pincer grasp" and can hold and manipulate their bottle. They prefer chewing instead of sucking and can feed themselves. Continue to introduce new foods. Eat with your baby and make feeding time fun and relaxed.

Tip: Introduce more complex tastes that are closer to a real meal for adults. When pureeing steamed Stage 3 food, the mixture should be thicker with more texture. Add enough breast milk, formula, or steaming liquid to reach this consistency.

Type of Food	Number of Servings	Serving Size
Breastmilk or Formula	3 to 4	6 to 8 oz.
Baby Cereal	4	2 to 4 tablespoons
Fruits/Vegetables	4	2 to 3 tablespoons
Cooked chicken, beef, pork, beans, or egg yolks (no egg whites)	2	3 to 4 tablespoons

IMPORTANT: Avoid food with potential choking hazards such as grapes, blueberries, dates, sliced hot dog coins, popcorn, raisins, and raw carrot sticks.

IMPORTANT: Always consult your pediatrician when introducing solid foods to your baby. This chart is not meant as medical advice to replace that of your pediatrician.

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food	stage 1 (4 TO 7 MONTHS)	stage 2 (8 TO 10 MONTHS)	stage 3 (11 TO 12 MONTHS)
Apples (Peeled & Sliced)	•	•	•
Apricots		•	•
Asparagus		•	•
Avocado	•	•	•
Bananas (Fresh)	•	•	•
Beans (Cooked)		•	•
Beef		•	•
Beets		•	•
Blueberries			•
Breads		•	•
Broccoli		•	•
Brussels Sprouts			•
Cantaloupe and Melons		•	•
Carrots		•	•
Cauliflower		•	•
Cherries		•	•
Cereals (Baby, Rice, Barley, Oat)	•	•	•
Cheese			•
Chicken		•	•
Citrus Fruits			•
Corn			•
Cottage Cheese			•
Crackers		•	•
Cucumber			•
Egg Yolk*		•	•
Eggplant			•
Fish (white)			•
Grapes (cut in tiny pieces)			•
Grapefruit			•

* Mashed with breast milk, formula or yogurt (No egg whites)

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Green Beans	●	●	●
Juice			●
Kiwi		●	●
Lamb		●	●
Mangos		●	●
Milk (Whole)			●
Mushrooms		●	●
Nectarines		●	●
Onions		●	●
Oranges			●
Parsnips		●	●
Pasta			●
Peas		●	●
Peaches		●	●
Peanut Butter (Creamy/Thinned)			●
Pears	●	●	●
Peppers		●	●
Pineapple			●
Plums		●	●
Pork		●	●
Potatoes		●	●
Pumpkin		●	●
Raspberries			●
Strawberries			●
Spinach			●
Squash (Acorn/Butternut)	●	●	●
Squash (Yellow/Zucchini)	●	●	●
Sweet Potatoes	●	●	●
Tomatoes			●
Turkey		●	●
Tofu		●	●
Yogurt (Plain)		●	●

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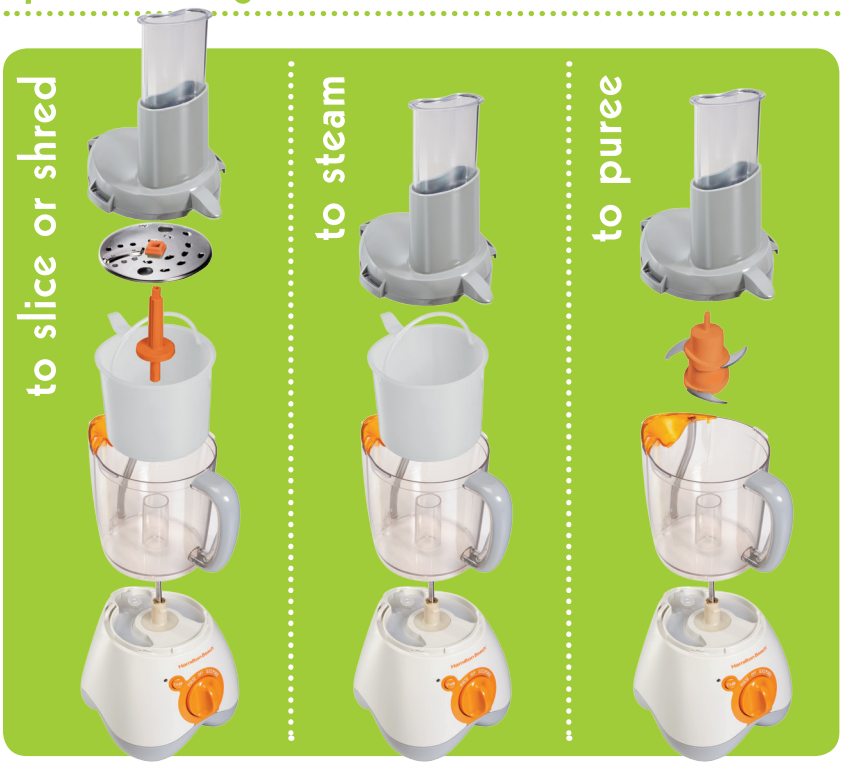
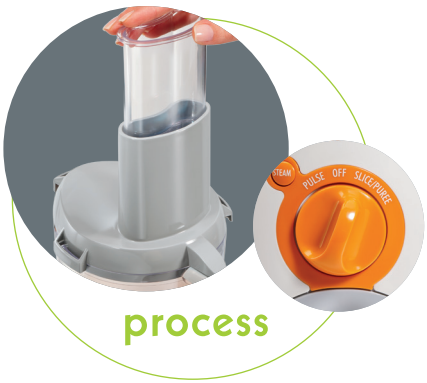
quick-start guide



1. Check recipe for the correct amount of water to use for steaming food. Pour water into the water reservoir as shown, then cover it.



2. Depending on which recipe or step you're doing, assemble the processing bowl with the puree/chopping blade or add the steaming basket and the slicer/shredder disc. Position all pieces before beginning.

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3 If you are using the steaming basket, press the steam button to start steaming food. When food is ready, lift out the basket with the handle. Note that some recipes require that you reserve the steaming liquid for pureeing.

4 To puree food after steaming, position the puree/chopping blade in the bowl. Add food from the steam basket, then cover and blend, adding liquid as needed until the desired consistency is reached.

steaming times

Note: Steaming times may vary slightly, depending on the starting temperature of the water.

Amount of Water	Steaming Time
2 oz. (1/4 cup)	10-12 minutes
3 oz. (1/3 cup)	12-14 minutes
4 oz. (1/2 cup)	14-18 minutes
5 oz. (2/3 cup)	18-24 minutes

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LIKE

cinnamon/apple/ sweet potato smoosh

1 medium apple, peeled

1/2 small sweet potato, peeled

1/8 teaspoon ground cinnamon, if desired

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice apples and sweet potatoes into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve liquid from processing bowl for pureeing. Insert puree/chopping blade and add apples, sweet potatoes, and cinnamon to bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 1/2 cups

LIKE

squashed squash

1 small zucchini

1 small yellow squash

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice zucchini and squash into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place squash in bowl.
4. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 3/4 cup

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rice & beans

LIKE

20-25 green beans, ends removed

1/2 cup breast milk or formula

1/4 cup single-grain rice cereal for baby

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice green beans into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for blending. Insert puree/chopping blade and place green beans, milk, and rice cereal in bowl.
5. Puree, adding more milk if necessary to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 cup

squishy apple pie

LIKE

2 medium apples, peeled and seeded

1/8 teaspoon ground cinnamon, if desired

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice apples into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place apples and cinnamon into bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 cup

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creamed bananas

LIKE

2 medium ripe peeled bananas, cut in chunks

½ cup breast milk or formula

1. Assemble processing bowl with puree/chopping blade.
2. Place bananas and milk in bowl. Puree the mixture, adding more milk if necessary to reach desired consistency.
3. Serve immediately. Banana mixture turns dark quickly.

Makes: 1 ½ cups

baby guac

LIKE

1 large ripe pear, peeled and seeded

1 medium ripe avocado, peeled and pitted

1. Pour ⅔ cup water into water reservoir and cover. Assemble processing bowl and steaming basket with slicing disc.
2. Slice pear into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place pears and avocado in bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ¼ cups

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LIKE

spicy sweet potatoes

1 medium sweet potato, peeled

Pinch ground allspice, if desired

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice sweet potato into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place sweet potatoes and allspice in bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

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ginger peach cobbler

LIKE

2 medium ripe peaches, peeled and pitted

2 Tablespoons single-grain oatmeal cereal for baby

1/8 teaspoon ground ginger, if desired

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice peaches into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for blending. Insert puree/chopping blade and place peaches, oatmeal, and ginger (if desired) in bowl. Blend, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 3/4 cup

tropical fruit smoothie

LIKE

1 large ripe mango, peeled and seeded

1 medium ripe banana, peeled and cut into chunks

1/4 cup vanilla yogurt

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice mango into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place mango and banana in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Stir in yogurt.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 1/4 cups

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LIKE

thanksgiving dinner

*½ cup cubed turkey breast **

1 small sweet potato, peeled

8-10 whole green beans, ends removed

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place turkey in steaming basket.
2. Steam until light turns off. Remove steaming basket. Remove turkey from steaming basket. Reserve turkey; discard steaming liquid. Refrigerate until ready to combine with other ingredients.
3. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
4. Slice sweet potatoes and green beans into steaming basket. Remove lid and slicing disc, then replace lid.
5. Steam until light turns off. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place sweet potatoes, green beans, and reserved turkey in bowl. Puree, adding enough liquid to reach desired consistency.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

* NOTE: Cook turkey until well-done. Meat thermometer should read 165°F.

LIKE

fruity dippers

1 medium ripe banana, peeled and cut in chunks

¼ cup yogurt

1 kiwi fruit, peeled and cut onto baby-bite-size pieces

1. Assemble processing bowl with puree/chopping blade.
2. Place banana chunks, yogurt, and kiwi in processing bowl. Puree.
3. Refrigerate remaining mixture in storage containers.

Makes: ¾ cup

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squashy soup

LIKE

½ small butternut or acorn squash, peeled and seeded

1 medium potato, peeled

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket.
2. Slice squash and potato into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off. Remove steaming basket. Reserve steaming liquid from bowl for pureeing. Insert puree/chopping blade and place squash and potatoes in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ⅓ cups

rosy beets & chicken

LIKE

2 beets, peeled

½ cup cubed boneless, skinless chicken breast *

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place chicken in steaming basket.
2. Steam until light turns off. Remove chicken from steaming basket. Reserve chicken; discard liquid. Refrigerate until ready to combine with beets.
3. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
4. Slice beets into steaming basket. Remove lid and slicing disc, then replace lid.
5. Steam until light turns off. Remove beets from steaming basket and set aside.
6. Remove steaming basket. Insert puree/chopping blade and place beets and chicken in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
7. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 cup

* NOTE: Cook chicken until well-done. Meat thermometer should read 165°F.

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LIKE

the mango mash

1 large ripe mango, peeled and seeded

1 large ripe pear, peeled and seeded

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with the slicing disc.
2. Slice mango and pear into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place mango and pears in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ¾ cups

LIKE

mind your peas & carrots

2 medium carrots, peeled

1 cup frozen petite green peas

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with shredding disc.
2. Shred carrots into steaming basket. Remove lid and shredding disc. Add peas, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Discard steaming liquid from processing bowl. Insert the puree/chopping blade and place carrots and peas in bowl. Puree, adding enough water to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

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yummy plum oatmeal

LIKE

2-3 plums, peeled and pitted

½ cup of prepared single-grain oatmeal cereal for baby

½ ripe medium banana, peeled

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc. Place oatmeal in steaming basket.
2. Slice plums into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place plum mixture, oatmeal, and banana in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 cup

amazing apricots

LIKE

4 apricots, peeled and pitted

1 medium ripe pear, peeled and seeded

1 medium ripe peach, peeled and pitted

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice apricots, pear, and peach into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place apricots, pears, and peaches in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

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spinach & pear puree

LIKE

2 cups baby spinach leaves, stems removed

1 medium pear, peeled and seeded

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place spinach in steaming basket and add slicing disc.
2. Slice pears into steaming basket on top of spinach. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from bowl for pureeing. Insert the puree/chopping blade and place spinach and pear in bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

my stars with cheesy tomatoes

LIKE

1 cup well-cooked pastina pasta

1 small tomato, quartered

1 Tablespoon Parmesan cheese

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place tomato in steaming basket.
2. Steam until light turns off.
3. Remove steaming basket. Discard steaming liquid from bowl.
4. Insert puree/chopping blade and place tomato in bowl. Chop. Stir in pasta and Parmesan cheese. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ¼ cups

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peaches 'n cream

LIKE

2 medium ripe peaches, peeled and pitted

¼ cup ricotta cheese

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
2. Slice peaches into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place peaches and ricotta in bowl. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: ¾ cup

dicey cheese potatoes

LIKE

1 large potato, peeled and cut into baby-bite-size cubes

½ cup shredded Cheddar cheese

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket.
2. Slice potatoes into steaming basket. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off. Remove potatoes from steaming basket and place in a small mixing bowl. Stir in cheese. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers

Makes: 1 ½ cups

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LIKE

our little sprouts

3 cups halved brussels sprouts

1/4 cup shredded Colby & Monterey Jack cheese

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place brussels sprouts in steaming basket.
2. Steam until light turns off. Remove sprouts from steaming basket. Discard liquid.
3. Remove steaming basket. Insert puree/chopping blade and place sprouts and cheese in bowl. Chop. Cool before serving.
4. Refrigerate remaining mixture in storage containers.

Makes: 2 1/4 cups

LIKE

berry blue pears

2 large ripe pears, peeled and seeded

1/2 cup blueberries

1. Pour 2/3 cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place blueberries in steaming basket. Add slicing disc.
2. Slice pears into steaming basket on top of blueberries. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place pears and blueberries in bowl. Blend, adding enough reserved liquid to reach desired consistency. Cool before serving.
5. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 1/2 cups

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great smashed potatoes

LIKE

2 medium potatoes, peeled

1 cup spinach leaves, stems removed

¼ cup breast milk or formula

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place spinach in steaming basket. Add slicing disc.
2. Slice potatoes into steaming basket on top of spinach leaves. Remove lid and slicing disc, then replace lid.
3. Steam until light turns off.
4. Remove steaming basket. Reserve steaming liquid from processing bowl for pureeing. Insert puree/chopping blade and place potato mixture in bowl.
5. Puree, adding enough reserved liquid to reach desired consistency. Cool before serving.
6. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

mighty trees

LIKE

1 cup baby-bite-size broccoli florets

1 cup baby-bite-size cauliflower florets

1. Pour ⅔ cup water into water reservoir of steamer and cover it. Assemble processing bowl and steaming basket. Place broccoli and cauliflower florets in steaming basket.
2. Steam until light turns off.
3. Remove cooked broccoli and cauliflower from steaming basket and place on plate to cool before serving.
4. Refrigerate remaining mixture in storage containers.

Makes: 1 ¼ cups

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creamy mixed melons

LIKE

¼ small ripe cantaloupe, peeled and cut into quarters

¼ small ripe honeydew, peeled and cut into quarters

1 cup well-cooked brown rice

½ cup ricotta cheese

1. Assemble processing bowl with puree/chopping blade.
2. Place melons, cooked brown rice, and ricotta in bowl. Puree and serve.
3. Refrigerate remaining mixture in storage containers.

Makes: 2 cups

mac 'n cheese peas

LIKE

1 cup well-cooked macaroni

1 cup frozen petite green peas

½ cup shredded Cheddar cheese

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place peas in steaming basket.
2. Steam until light turns off.
3. Remove cooked peas from steaming basket and place in small mixing bowl. Stir in macaroni noodles and cheese. Cool before serving.
4. Refrigerate remaining mixture or freeze in storage containers.

Makes: 2 ½ cups

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chicken & rice stew

LIKE

*½ cup cubed boneless, skinless chicken breast **
1 medium carrot, peeled
10 green beans, ends removed
¼ cup well-cooked rice
¼ cup chicken stock or water
¼ cup breast milk or formula

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place chicken in steaming basket.
2. Steam until light turns off. Remove chicken from steaming basket. Reserve chicken; discard steaming liquid. Refrigerate until ready to combine with other ingredients.
3. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with slicing disc.
4. Slice carrots and green beans into steaming basket. Remove lid and slicing disc, then replace lid.
5. Steam until light turns off.
6. Reserve steaming liquid from bowl for pureeing.
7. Remove steaming basket. Insert puree/chopping blade and place chicken, vegetables, cooked rice, chicken stock, and milk in bowl.
8. Chop, adding enough liquid to reach desired consistency. Cool before serving.
9. Refrigerate remaining mixture or freeze in storage containers.

Makes: 1 ½ cups

* NOTE: Cook chicken until well-done. Meat thermometer should read 165°F.

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LIKE

baby's beef stew

*2 cups cubed beef **
1 small potato, peeled
1 medium carrot, peeled
2 slices from a small onion

1. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket. Place beef in steaming basket.
2. Steam until light turns off.
3. Remove steaming basket. Discard steaming liquid from processing bowl. Insert puree/chopping blade and place beef in bowl. Puree, adding enough liquid to reach desired consistency. Refrigerate until ready to combine with other ingredients.
4. Pour ⅔ cup water into water reservoir and cover it. Assemble processing bowl and steaming basket with shredding disc.
5. Shred potato, carrot, and onion into steaming basket. Remove lid and shredding disc, then replace lid.
6. Steam until light turns off.
7. Remove steaming basket. Reserve steaming liquid from bowl. Insert puree/chopping blade and place vegetables in bowl. Add cooked beef. Puree, adding enough liquid to reach desired consistency. Cool before serving.
8. Refrigerate remaining mixture or freeze in storage containers.

Makes: 2 ¾ cups

* NOTE: Steam beef until well-done. Meat thermometer should read 160°F.

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my notes and observations

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