



## **Basic Steamed Vegetables for Baby**

### Veggie Options:

Sweet Potatoes, 1 lb. peeled and cut into 1" cubes

Asparagus, 1 bunch, washed well, trimmed and cut into 2" pieces

Carrots, 1 bunch (about 6), peeled and cut into 1" pieces

Green beans, 1 lb., stem ends trimmed

Green peas (fresh), 1 lb., removed from pods

Butternut Squash, 1 lb. peeled and cut into 1" cubes

Broccoli / Cauliflower, 1 head, cut into florets

Whatever veggie you choose, the key is to try and cut it into uniformly-sized pieces so it cooks evenly. Place water and steamer basket into saucepan, then place veggies on steamer in an even layer. (Veggies should be no more than 2" thick on the steamer basket.)

Cover the pan, turn heat to medium-high and bring the water to a boil. Reduce heat to medium. Steam until tender and a paring knife slides in easily. (Watch for color too: they will turn a brighter and more vibrant shade of green or orange.)

When veggies are done, transfer to a food processor and puree until very smooth. (You may need to scrape the processor down a couple of times with a spatula, to get any lumps off the sides.) Test the temperature (so it's not too hot) and serve!

- To refrigerate: let veggie cool slightly, put leftovers in a clean container, refrigerate and use within 3 days.
- To freeze: portion the veggie puree into a clean ice cube tray, or a silicone mold. Cover/wrap and freeze. When frozen, you can pop the veggie cubes out and store them in a container or freezer bag for quick, easy access.
- To thaw: 1 day before serving, pull out 1 veggie cube and place in a small bowl. Cover and keep in refrigerator until thawed. Or, defrost in the microwave and consume right away.

**IMPORTANT NOTE:** For beginning eaters, the mixture should be very smooth and run off the spoon. Feel free to thin with breast milk or formula.

**Buy local! Get produce for this recipe from small Solano County farms.**

Visit <http://sustainablesolano.org/local-food/> for resources and information.