



# ONE BOWL MEAL IDEAS

for

Making Homemade

Baby Food

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## Simple & Yummy One Bowl Homemade Baby Food Meals - Try these recipes and Ideas for one bowl baby meals.

### Make Your Own Combo Dish

(for babies over 8 months)

1. 1 cup cooked, cubed or diced meat (cut off fat)
2. 1/2 cup cooked rice, potato, noodles or macaroni
3. 2/3 cup cooked, diced vegetables
4. 3/4 to 1 cup liquid (formula, broth or water)

Combine ingredients and blend until smooth or chop for those who are accustomed to more textures.

### Beef & Noodle Dinner

1. Cook whole wheat or plain egg noodles according to package directions.\*\*
2. In a small saucepan combine fresh or frozen peas, small pieces of chopped carrot, and small slices of celery.
3. Add enough water to cover. Cook until tender, reserve water.
4. In blender or food processor, combine small pieces of fully cooked beef, vegetables, noodles, and 1-2 tablespoons of tomato paste. (Tomato paste is optional and should be left out for babies under 10 months old - using milk and butter will make this a creamy mix in place of the tomato paste! You may also use a natural or salt free broth)
5. Puree, until the mixture is the desired consistency, for smaller babies or chop as needed for the older/toddler baby.

\*\*You may use cooked rice or shaped pasta in place of the noodles

### Elaine's Jasmine Rice (6mos and up)

You can add meats and veggies to this rice dish and serve as a meal for baby. It will also puree.

**This will freeze well** - if you freeze it in portions without additions such as meats or veggies, then you can change the dish at every meal.

1. Combine 12 cups of chicken or vegetable broth with 1 1/2 cups of jasmine rice in a large stockpot.
2. Add a couple of slices of fresh peeled ginger for extra flavor. (Ginger is a natural tummy soother)
3. Bring to a boil.
4. Turn heat down to a simmer and cook for about 1 1/2 hours or until rice turns very smooth and creamy. Stir occasionally.
5. The rice will break up to a porridge-like consistency.
6. Cool the mixture, remove the ginger slices and spoon rice into ice cube trays and freeze overnight then break cubes into freezer bags and store in freezer for up to 2 months.

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**Rice and Lentil Dinner** Visit our [Lentil Baby Food Recipes](#) for more yummy homemade baby lentil foods!

1. Cook brown rice and lentils according to package directions.
2. In a small saucepan combine small pieces of chopped apples and carrots. (you may also add a bit of onion and celery)
3. Add enough water to just cover. Cook until tender, reserving water.
4. Combine rice, lentils, apples, and carrots in food processor or blender.
5. Puree, adding reserved water until the mixture is the desired consistency, for smaller babies or chop as needed for the older/toddler baby.

## Spring Veggies and Pasta

1. Cook elbow macaroni or ditalini according to package directions.\*\*
2. In a small saucepan combine small pieces of chopped carrots, fresh or frozen peas, fresh or frozen green beans, zucchini or summer squash and fresh or frozen spinach.
3. Add just enough water to cover. Cook until vegetables are tender, reserving water.
4. Combine macaroni, carrots, peas, green beans, spinach, and a small chunk of soft tofu in blender or food processor. Add reserved water for pureeing until mixture is of the desired consistency.
5. Puree for smaller babies or chop as needed for the older/toddler baby.

✳️ ✳️ You may use a natural chicken or vegetable stock (Visit our [Homemade Stock Recipes](#) to make your own!) as a substitute for the plain water. Using stock to cook the pasta in makes for a more flavourful dish! ✳️ ✳️

## Chicken Noodle Dinner

1. Cook elbow macaroni or ditalini according to package directions.
2. In a small saucepan combine small pieces of chopped carrots and fresh or frozen peas.
3. Add just enough water to cover. Cook until tender, reserving water. You may also use a natural or salt free broth
4. In blender or food processor, combine fully cooked chicken breast pieces, carrots, peas, and macaroni. Puree, until the mixture is the desired consistency, for smaller babies or chop as needed for the older/toddler baby.

## Vegetable Beef Dinner

1. In a small saucepan combine small pieces of chopped carrots, and fresh or frozen peas.
2. Add enough water just to cover.
3. Cook until tender, reserving liquid.
4. Combine small pieces of fully cooked beef, carrots, peas, and 1-2 tablespoons of tomato paste if desired
5. Puree, adding reserved water until the mixture is the desired consistency, for smaller babies or chop as needed for the older/toddler baby.

## Tofu & Veggies

1. Sauté Cubes of Tofu in Olive Oil, adding spices as you desire
2. In a small saucepan cook fresh or frozen peas (or carrots, green beans, cubes of squash) as directed or until soft and tender
3. Combine Tofu and Veggies, sprinkle with grated cheese and a dab of butter; serve warm.



Instead of pureeing - chop or cut foods into small bits and give as a Snack. Use whatever fruit, veggie and/or meat combo you please. Make sure that baby has had each ingredient individually first serving up your Snack or Meal creations!