

Beef and pumpkin puree

Food Foundations



Serves: 5

Prep Time: 10 minutes

Cook Time: 20-35 minutes

Ingredients

- 200g lean stewing beef, diced
- 1 cup of diced pumpkin
- 1 carrot, diced
- 1 ½ cup of water

Method

1. Add beef and vegetables and water to saucepan.
2. Bring to boil over heat and reduce to a simmer for 20-30 minutes or until softened.
3. Allow to cool.
4. Process in a blender with a few spoons of cooking water and blend until smooth.

Recipe Notes:

An iron rich puree, loaded with flavour and all natural, healthy ingredients for infants. For older children try it mashed served with finger foods, such as steamed broccoli or beans.

Food Group	Serves provided per portion
Vegetables	0.85
Fruit	0
Grain foods	0
Lean meat and alternatives	0.4
Milk, yoghurt and cheese	0

Nutrition Australia Qld | www.naqlid.org

12/212 Curtin Avenue West, Eagle Farm, 4009 | ph (07) 3257 4393 fax (07) 3257 4616

©Copyright 2020. The Australian Nutrition Foundation (Qld. Div.) Inc t/a NAQ Nutrition All rights reserved

Key: [ACNAS](#) [Food Foundations](#) [OSHC](#) [Food Smart Schools](#) [Healthy at Home/Work](#)