



Meat Purees – Baby Bites Stage 2 Food

8 Portions • 1 Portion = 1 Ounce

INGREDIENTS

- ½ Tablespoon olive oil
- ½ small onion, diced
- 1 cup meat of choice, cubed
- 1 cup sweet potatoes, chopped
- 1 cup carrots, peeled and chopped
- 1 cup low-sodium chicken or vegetable stock
- Optional: breastmilk, formula, water, or broth

DIRECTIONS

1. In a saucepan, heat oil over medium heat. Add the onion and cook for 2-3 minutes or until onions are translucent.
2. Add meat to the pan and begin to cook.
3. While meat is cooking, add sweet potato, carrot, and stock to the saucepan. Bring to a boil, cover with a lid, and gently simmer until vegetables are fork tender and meat is cooked through completely. For chicken, internal temperature should reach 165°F and for meat roasts, internal temperature should reach 145°F.
4. Remove from heat and pour into a blender or food processor. Blend until it reaches a smooth consistency. If necessary, add breastmilk, formula, water, or broth in ¼ cup increments to achieve desired consistency.
5. Divide into 1 ounce servings. Serve immediately, store in the refrigerator for up to two days, or store in the freezer for up to two months. Make sure to label each container with the name of the recipe and the date it was made.

Nutrition Facts	
8 servings per container	
Serving size	1 ounce (98g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 45mg	2%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 0mg	0%
Potassium 280mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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