Prepmate Meal Pack Recipe for the Thrive Under 5 Project

Texture of foods is very important for babies around 6-12 months (starting solids stage), beginning with well mashed to lumpy to then chopped (age/stage appropriate). Also, simple single food ingredients are recommended at early weaning stage and not composite dishes. Consult with your Health Visitor/Dietician for advice and see: **www.publichealthscotland.scot/publications/fun-first-foods-an-easy-guide-to-introducing-solid-foods**

Follow this link for recipes and wider information on introducing solid foods to your baby: **www.nhsggc.scot/your-health/early-years/starting-solids/**

For other family friendly recipes see: **www.parentclub.scot/recipes**

MEXICAN BEAN CHILLI

INGREDIENTS (SERVES 4)

- **1** Onion
- **1** Tablespoon oil (not included)
- **4** Garlic cloves
- **1** Tablespoon cumin
- **2** Teaspoons smoked paprika
- **1** Teaspoon chilli flakes
- **2** Large carrots
- **680g** Passata (1 large jar)
- **400g** Chickpeas, drained and rinsed
- **400g** Red kidney beans, drained and rinsed
- **400g** Cannellini beans, drained and rinsed
- **1** Small can sweetcorn, drained

EQUIPMENT NEEDED

- Large pot
- Chopping board
- Sharp knife
- Grater
- Wooden spoon
- Sieve
- Ladle

PANTRY LIST

- Oil, pepper, wholemeal pitta bread (optional), rice (optional), sour cream (optional), grated cheese (optional)

PREPARATION TIME:
10 minutes
COOKING TIME:
20 minutes

METHOD

1. Peel and finely chop the onion and garlic. Wash and grate carrot.
2. Drain and rinse corn, chickpeas, kidney and cannellini beans.
3. In a large pot, heat one tablespoon of oil over medium heat. Then add the onion, garlic, paprika, cumin and chilli flakes to the pot and cook for a few minutes.
4. Now add the passata, grated carrots, corn, chickpeas, kidney and cannellini beans to the pot.
5. Bring to a boil and then reduce to a low/medium heat to cook for 15 minutes (making sure to stir every 5 minutes).
6. Serving suggestion: dish can also be served alongside warm wholemeal pitta bread, rice, grated cheese and/or sour cream.



ALLERGY INFORMATION:

Sulphites: Beans, sweetcorn

Legumes: Beans, chickpeas