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without the need for food aid.*

**INDEPENDENT  
FOOD AID  
NETWORK**

# Mashed Vegetables



The recipes included give examples of how to make baby food from canned fruits and vegetables. These are designed for babies around 6-7 months of age.

## Equipment

- Tin opener
- Fork
- Bowl
- Ice tray (if storing excess in the freezer) or food container

## Ingredients

- 1 tin of beans e.g. butter beans, cannellini beans, chickpeas (check the label for look for “BPA-free lining” and “no added salt”)
- Milk (breastmilk, formula milk, whole milk or unsweetened plant milk) or water for thinning the mixture if necessary

## Serving Size

- Start by introducing 1 tablespoon or 1 fully thawed ice cube of the carrot mash
- This recipe makes approximately 10 tablespoons.

## Steps

1. Open the tin of carrots. Pour out the liquid from the tin and rinse the carrots in water.
2. Pour the carrots into a bowl and mash up with the fork. Make sure there are no big chunks left that the baby could choke on.
3. If the mixture is too thick add a little milk / water and mash again until mixed in. It is ready to serve!
4. If freezing, fill an ice tray with the mash and put into freezer. Otherwise it can be stored in an airtight container in the fridge for 2 days.
5. To defrost, thaw overnight in an airtight container in the fridge.