

# An Introduction to Dorothy's Vegetables

## A few important notes...

- Start vegetable meals in the middle of the day, and only introduce new foods in the evening meal once they are older, in case they react.
- Portion the vegetables so they are tasty and also are not too strong tasting in one taste.
- Potato can be replaced with Sweet Potato, Yam or Kumara. (Potato can have a negative reaction on SOME reflux babies)
- If you have a reflux or allergy baby, be aware that Carrots, Apples, Kiwifruit, Avocados, Bananas and Potato can cause issues.

## Ratio Suggestions

**Two Vegetables:** 1 Tablespoon of Vegetable to ½ Tablespoon of carbohydrate (Kumara, Sweet potato, Yam or Potato).

Make sure it is tasty and the carbohydrate does not override the vegetable taste.

**Three Vegetables:** 1 Tablespoon of Vegetable to ½ Tablespoon of carbohydrate and about a ¼ Tablespoon of the green vegetable.

**Four/Five Vegetable:** Use the above as a guideline, but base it on taste.

If any of the new vegetables are too strong tasting when you introduce them, put a smaller amount in the next time you make them.

## Using the list...

- Start by working through this list from the beginning.
- Start by doing three days with one combination and then progress onto the next flavour, however common sense also helps here.
- You can move through the list as quick or as slow as you want, however your baby may get bored quickly with the same flavours.
- If your baby does not like the taste of something the first time round, remember to reintroduce it and also make sure it is not as strong a flavour as last time.
- In the beginning it is helpful to cook enough to do the following: Enough to eat one day, fridge the following day and the third day in the freezer (some people leave for two days in the fridge)
- For frozen portions either use ice cube trays or droplets on cooking paper, once frozen, transfer into plastic zip lock bags.
- Measure large tablespoons and remember good hygiene around preparation and cooking of vegetables.

## Five Vegetables

**Carbohydrate +**  
one group from this list  
or create your own tasty group  
Beans, Courgette, Leek & Turnip  
Beans, Bok Choy, Leek & Sweet Corn  
Cabbage, Carrots, Chick Peas & Parsnip  
Capsicum, Onion, Parsnip & Pumpkin

## Four Vegetables

**Carbohydrate +**  
one group from this list

Beans, Butternut Squash & Peas  
Beans (roasted), Parsnip & Turnip  
Beans, Broccoli & Sweet Corn  
Beans, Roasted Capsicum & Spinach  
Bok Choy, Carrots & Parsnips  
Bok Choy, Brussel Sprouts & Swede  
Bok Choy, Carrots & Courgette  
Bok Choy, Butternut Squash & Leek  
Broccoli, Butternut Squash & Capsicum  
Broccoli, Courgette, & Sweet Corn  
Butternut Squash, Courgette & Spinach  
Cabbage, Courgette & Leek  
Carrot, Celery & Red Lentils  
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Carrot, Broccoli & Peas  
Carrot, Parsnip & Spinach  
Carrot, Leek & Parsnip  
Carrot, Savoy Cabbage & Swede  
Cauliflower, Parsnip, & Peas  
Cauliflower, Celery & Savoy Cabbage  
Chick Peas, Courgette & Spinach  
Courgette, Leek, & Peas  
Snap Peas, Swede & Watercress

## Three Mixed Vegetables

**Carbohydrate +**  
create a new pair from this list

Baby Squash	Fennel
Baby Marrow	Leek
Beans	Onion
Beetroot	Parasnip
Bok Choy	Peas
Broad Beans	Pumpkin
Broccoli	Savoy Cabbage
Butternut Squash	Spinach
Carrot	Sugar Snaps
Cauliflower	Swede
Celery	Turnip
Courgette	

## Three Simple Vegetables

**Carbohydrate +**  
one pair from this list

Butternut Squash & Broccoli  
Butternut Squash & Cauliflower  
Butternut Squash & Courgette  
Butternut Squash & Peas  
Butternut Squash & Spinach  
Carrot & Broccoli  
Carrot & Cauliflower  
Carrot & Courgette  
Carrots & Peas  
Carrot & Spinach  
Pumpkin & Broccoli  
Pumpkin & Cauliflower  
Pumpkin & Courgette  
Pumpkin & Peas  
Pumpkin & Spinach

## Two Vegetables

**Carbohydrate +**  
one from this list  
Butternut Squash  
Carrot  
Pumpkin

## Carbohydrates

It is a good idea for every vegetable meal to have a starchy vegetable as a base to make the meal filling. Adding one of the following to each vegetable combination is recommended:

Potato	Kumara
Sweet Potato	Yam

The idea with the progression of vegetables is to start with simple, plain flavours and gradually move onto more intense flavour combinations.

**Finger Food.** Finger Food is important to introduce to help develop your baby's texture taste and smell. It should be cooked to a soft texture and made from the same vegetable as their puree. For example a stick of cooked carrot may be given when you have prepared a puree of Potato, Carrot and Leek. Introduce this when you move to the Three Mixed Vegetables list.

# Recipes

## Green Vegetable Puree (from Anabel Kamel)

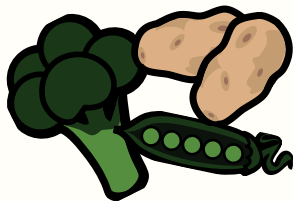
### Ingredients

40g peeled and chopped onion  
15g butter 250g potatoes, peeled and chopped  
375 ml unsalted vegetable stock or water  
50g broccoli florets  
50g frozen peas

### Method

Saute the onion in the butter until softened but not coloured (about 5 minutes). Add the potato, pour over the stock or water, cover and bring to the boil and then cook for 10 minutes. Add the broccoli florets and cook for 3 minutes.

Then add the peas and cook for a further 3 minutes. It's a good idea to puree this in a mouli or baby food grinder to get rid of the husks from the peas and also pureeing potato in a blender breaks down the natural starches and makes it sticky.



## Cinderella's Pumpkin

### Ingredients

Oil ( rice oil)  
50g white part of a Leek washed and sliced  
225g Pumpkin or Butternut Squash peeled and cut into cubes  
150ml vegetable stock

### Method

Sauté the Leek until in oil until soft and lightly golden.

Add the pumpkin or Butternut Squash and continue to cook for 2 minutes.

Pour over the stock bring to the boil and then simmer covered with a lid for 30 minutes or until the pumpkin or Butternut Squash is tender. Puree.

## Lovely Lentils

### Ingredients

50g finely chopped Onion  
100g Carrots peeled and chopped  
15g Celery chopped  
1 tbsp. vegetable oil  
50g split Red Lentils  
250g sweet Potato peeled and chopped  
400 ml chicken stock

### Method

Sauté the Onion, Carrots and Celery in the vegetable oil for about 5 minutes or until softened.

Add the lentils and sweet Potato to the pan and pour over the heat and simmer, covered with a lid for 20 minutes. Puree.

