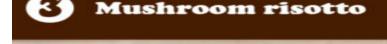


Add the mushrooms and continue to stir until they have blended well. Add boiled water to the pan and cook for about five to ten minutes.

Add the chickpeas towards the end and remove from the heat once the mixture becomes thick.





Cook the rice. Add diced onion and garlic to a pan and stir fry until they turn translucent.

Add thyme and mix well over medium heat for about two minutes.

the mixture and any spices if needed.

Add mushrooms and cook until soft. Add milk to

Mom Junction

Source: https://www.momjunction.com/articles/mushrooms-for-babies-safety-benefits-

recipes\_00576623/