



MUSHROOM

Baby Food Ideas

1 Mushroom and veggies



Wash and boil the mushrooms and the vegetables such as sweet potatoes, onion, and garlic.

Transfer the ingredients into a bowl and mix them well by adding oil and rosemary.

Shallow fry them and then blend until they have a thick soup-like consistency.

2 Mushroom and chickpea



Heat oil in a pan and add onion and fry it until brown. Then, stir well with a pinch of chopped paprika and garlic.

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.

3 Mushroom risotto



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

Add mushrooms and cook until soft. Add milk to the mixture and any spices if needed.

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