

First Foods Recipes

Starting solid foods

At around six months, babies need to start on solid foods.

Breast milk or infant formula is still baby's most important food for the first 12 months.

Babies need solid food to:

- learn how to chew and swallow
- learn about different tastes and textures
- grow.

Start with foods high in iron

Babies need iron to grow healthy and strong.

Foods high in iron include:

- meat, poultry and fish
- cooked legumes and tofu
- infant cereals with added iron.

How to make baby's first foods

Make your baby's first solid foods at home from the food you make for your family to eat. Just leave out sugar and salt.

Use a food processor or stick blender to puree the food to make it smooth and runny.

Always check the temperature of food before giving it to your baby. The food should be around room temperature.

These recipes make enough to freeze and store for about four to six meals depending on your baby's appetite.



Steak puree

100 g lean red meat like rump steak

1 teaspoon olive oil for cooking

½ cup cooked vegetables

cooled boiled water for blending

What to do

1. Cook the meat in oil in a non-stick pan or grill. Cook on both sides for about 5 minutes (check it is no longer pink on the inside).
2. Remove from the heat and rest for 5 minutes.
3. Slice meat finely and then blend with the cooked vegetable until smooth. Add a small amount of cooled boiled water to get a smoother texture.

Casserole puree

200 g diced lean red meat (chuck, blade steak or lamb forequarter chop)

1 teaspoon olive oil

1 carrot

1 potato

1 small celery stick

water or no added salt stock for cooking

yoghurt to serve (optional)

What to do

1. Cook the meat in a pot with the oil until brown all over.
2. Add washed and chopped vegetables to the pan and add water (enough to cover meat and vegetables). Cover with a lid and bring to the boil.
3. Lower heat and simmer on the stovetop or cook in an oven at 160°C for 1½ hours until meat is tender.
4. Remove from the heat and cool slightly. Remove any bones. Blend until smooth. You may need to add a small amount of cooled boiled water to get a smooth texture.

Tip: You can use a slow cooker instead of the oven or stovetop to cook the casserole.



Legume or bean puree

1 cup canned no added salt lentils or legumes (red lentils, green lentils, white beans, chickpeas or kidney beans)

1 cup pumpkin, sweet potato or parsnip, peeled and chopped

water or no added salt stock for cooking

What to do

1. Rinse canned lentils or beans.
2. Boil the vegetables in water or stock. When cooked, drain vegetables, keeping some of the cooking water to use in blending. Add canned lentils or beans.
3. Blend beans and vegetables together until smooth. You may need to add a small amount of the cooking liquid to get a smooth texture.

Tip: You can use dried lentils, beans and legumes. They need to be soaked and cooked before using.

Want to know more

Ask your GP or child health nurse.