



Easy Iron-rich Meals for
Babies and Toddlers

Recipes suitable from 6 months

Young babies and toddlers need plenty of iron in their diets to ensure healthy mental and physical development. In fact, babies aged 7-12 months need more iron than a grown man! Here are some great iron-rich recipes for the whole family to enjoy and to help encourage your baby or toddler to eat lean beef and lamb – both are great sources of iron our bodies can use easily.

Knobbly mince

1 small carrot, peeled and grated
½ kumara, peeled and grated
1 tsp oil
100g lean beef or lamb mince
½ cup beef or vegetable stock or
use ¼ tsp stock powder to ½ cup
water
1Tbsp tomato purée*

1. Microwave or boil carrot and kumara in a little water until soft.
2. Heat oil in frying pan, add mince and stir well breaking up with the back of a spoon as it cooks until it forms small pieces about the size of a pea.
3. Add carrot, kumara and stock. Cover and simmer until the meat and vegetables are tender, about 10 minutes.

Babies 6-7 months

Purée the meat and vegetable mixture in a food processor or baby mouli. Mix with a little of baby's milk if necessary to achieve a smooth consistency your baby can swallow.

Parents and babies from 8 months

*Add 1 Tbsp of tomato purée when adding vegetables.



Casserole Lamb

- 1 tsp oil
- 500g lean diced lamb
- 1½ cups beef or vegetable stock or use ½ tsp stock powder to 1½ cups water
- ¼ cup cauliflower, diced
- 1 small potato, peeled and diced
- ¼ cup frozen peas

1. Heat the oil and brown the lamb. Add the stock, cover and simmer for 30 minutes. Simmer gently, as boiling will cause the meat to become tough.
2. Add the potatoes and cook a further 30 minutes before adding the cauliflower. Cook only until the vegetables are tender.
3. Add the peas and heat through. Total cooking time should be about 1½ hours.

Babies 6-7 months

Purée the meat and vegetable mixture in a food processor or baby mouli. Mix with a little of baby's milk if necessary to achieve a smooth consistency your baby can swallow.

Babies 8-9 months

Serve as cooked, chopping up the large pieces of meat and mashing vegetables roughly with a fork.

Older children and parents

Cook the lamb with a diced onion when browning lamb. Add 1 tsp of curry and 2 Tbsp sultanas to the stock.



Tip: It is practical to freeze meat and vegetable purées in an ice cube tray. When solid, transfer to a plastic bag, seal and return to the freezer.

Lamb's Liver & Vegetables

A small spoonful of cooked and puréed lamb's liver added to sieved or mashed vegetables gives an excellent iron boost.

150g lamb's liver, sliced
½ carrot, peeled and diced
½ courgette, diced or ¼ cup frozen peas
1 kumara (or potato or pumpkin), peeled and diced



1. To prepare the liver, peel away the fine covering of the skin and discard any tough tubular bits.
2. Cut into several slices about 1cm thick and gently pan fry for 5-8 minutes.
3. Cook the vegetables in about $\frac{3}{4}$ cup of water until soft. Drain the vegetables, keeping the cooking water.
4. Mix the drained vegetables with the liver and serve as appropriate, either puréed or diced.

Babies 6-7 months

Purée the liver and vegetables with the vegetable cooking liquid. If necessary, pass through a sieve.

Babies 8-9 months

Serve as cooked, or with the liver diced to give different textures.

Tip: When first introducing liver to your baby, keep a piece in the freezer and simply grate off the amount required each time. Add the frozen shavings to simmering, almost cooked vegetables then mash or purée the vegetable/liver mix.

Avoid giving your baby more than three teaspoons (15 grams) of liver a week. While liver is an excellent source of iron, it is also rich in vitamin A. Vitamin A is important for health but too much can be harmful.



Shepherd's Pie

- 1 Tbsp oil
- 500g lean beef or lamb mince
- 420g jar pasta sauce*
- 1 stalk celery, finely chopped
- 6 button mushrooms, sliced
- 1 carrot, peeled and finely chopped
- 1 courgette and/or other seasonal green vegetables, finely chopped
- 2 cups mashed potato or cooked pasta

1. Brown mince in the oil in a hot pan, breaking the mince up into small pieces with the back of a spoon. This is best done in two batches.
2. Stir in pasta sauce and vegetables except the potato.
3. Cover and simmer gently for 15 minutes.
4. Spoon mixture into a pie dish

- and top with mashed potato.
5. Bake at 180°C for about 15 minutes or until top is golden.

Babies 6-7 months

*At this age, leave out the pasta sauce.

Purée the meat and vegetable mixture in a food processor or baby mouli. Mix with a little of baby's milk if necessary to achieve a smooth consistency your baby can swallow.

Babies 8-9 months

Serve the layers separately so baby can experience different tastes and textures.

Older children and parents

Add garlic, Worcestershire sauce or vegetable stock for additional flavours.

Meaty Hot Pot

500g diced beef or lamb casserole meat such as beef chuck, blade steak or boneless lamb
420g can baked beans
½ small swede (or kumara), peeled and cubed
2 carrots, peeled and chopped
1 onion, peeled and chopped
2 Tbsp tomato purée*
1¼ cups water
2 large potatoes, peeled and thinly sliced
1 tsp oil

1. In a large casserole dish, mix together the meat, beans, swede or kumara, carrots, onion and tomato purée.
2. Stir the water into the casserole mix.

3. Cover and cook at 180°C for ½ hour.
4. Remove the casserole from the oven and top with sliced potatoes, brushed with oil.
5. Return to the oven, uncovered for 1 hour. Serve with seasonal vegetables.

Babies 6-7 months

*At this age, leave out the tomato purée.

Purée the meat mixture or mash with a fork and serve with mashed potato slices and mashed vegetables.

Babies 8-9 months

Chop up the large pieces of meat and mash the vegetables roughly with a fork.





Mustard Roast Beef

- 600-800g piece of lean beef sirloin, topside, bolar or chuck
- 2 Tbsp mild prepared mustard
- 2 Tbsp oil
- 4 medium potatoes or kumara, peeled and quartered
- 4 carrots, peeled and cut into chunks
- 2 parsnips or swede, peeled and cut into chunks
- 2 leeks or other seasonal vegetables, cut into chunks

1. Place the beef on a rack in a roasting dish. Roast at 180°C for 45 minutes.
2. Remove from the oven and spread the top of the beef with the prepared mustard.
3. Toss the vegetables in the oil

and scatter around the roast beef. Return to the oven for a further 45 minutes or until the meat is tender and the vegetables cooked. Remove the beef from the oven and allow the meat to stand for 10 minutes before carving. Place the vegetables in the oven at 150°C to keep warm.

4. Serve the roast beef thinly sliced with the vegetables.

Babies 6-7 months

Take a selection of the meat, potato and vegetables and purée separately to a smooth paste. If a little dry, moisten with baby's milk or some meat juices from the pan.

Babies 8-9 months

Cut the meat into bite-size pieces and give the vegetables as finger food.

Recipes suitable from 8 months

Mince & Pasta Bake

1 Tbsp oil
500g lean beef or lamb mince
1 onion, peeled and finely chopped
2 courgettes or seasonal green vegetables, chopped
8 button mushrooms, sliced
400g can tomatoes in juice, chopped
2 Tbsp tomato purée
Pinch dried mixed herbs (optional)

FOR THE TOPPING

1 cup uncooked macaroni-style pasta shapes
250g pottle cream cheese
½ cup cheese, grated

1. Heat the oil in a frying pan and brown the mince well, breaking up

with a spoon as it cooks.

2. Add the onion, green vegetables and mushrooms to the meat and continue cooking for 2-3 minutes. Stir in the remaining ingredients and bring to the boil. Transfer the mixture to an ovenproof dish.

3. Cook the pasta in boiling water until tender, about 10-12 minutes. Drain well and stir in the cream cheese and ½ the grated cheese. Spread evenly over the top of the mince and sprinkle with the remaining cheese.

4. Bake at 200°C for 15-20 minutes or until golden brown. Serve with crusty bread and a tomato and onion salad.

Babies 8-9 months

To serve, break the pasta into small manageable pieces as necessary.



Moroccan Diced Lamb

1 Tbsp oil
500g lean diced lamb
1 onion, peeled and diced
½ tsp ground cumin
½ tsp paprika
1 carrot, peeled and diced
12 dried apricots, diced
300g can chickpeas
1 cup beef stock or water or use
½ tsp beef stock powder to 1 cup water

1. Heat oil in a frying pan and brown diced lamb well. Place in a casserole dish.
2. Add the onion, cumin and paprika to the pan and cook in the residue oil until lightly brown. Scatter over the lamb.
3. Add carrots, apricots and chickpeas (including liquid from the can).



4. Place casserole dish in oven and cook at 160°C for approximately 1½ hours until the lamb is tender.

Babies 8-9 months
Chop up any large pieces of meat and serve with mashed potato and chopped vegetables.

Meatloaf

500g lean minced beef or lamb
420g can of baked beans
2¼ cups soft breadcrumbs
1 egg
Pinch dried mixed herbs or use 1 Tbsp chopped fresh herbs
4 Tbsp tomato sauce

1. Using a food processor, combine all the ingredients.
2. Spoon the mixture into a greased loaf tin.

3. Bake at 160°C for 1 hour. Cool in the tin for 10-15 minutes before turning out.

Babies 8-9 months
Cut into pieces and serve with chopped vegetables. These small pieces of meatloaf might also be enjoyed as finger foods.



Recipe Ideas for Toddlers

Savoury Mince:

1 Tbsp oil
1 onion, peeled and chopped
500g lean beef or lamb mince

2 Tbsp tomato purée
400g can tomatoes in juice
1 tsp mixed herbs or 1 Tbsp
chopped fresh herbs (optional)

Heat the oil in a frying pan, and cook the onion gently for 5-6 minutes, until tender. Add the mince, breaking up with the back of a spoon to form small pieces until cooked thoroughly and no longer pink. Stir in tomato purée, canned tomatoes and herbs. Bring to the boil and simmer gently for 30 minutes until reduced and thick, but still moist.

This savoury mince can be served in a variety of ways:

Mini Meatballs

Replace the tomato purée and canned tomatoes with 1 egg and 1 cup of soft breadcrumbs. Combine the ingredients well before rolling into approximately 20 balls. Toss lightly in plain flour. Heat a little oil in a frying pan on medium heat. Cook meatballs for approximately 15 minutes or until no longer pink inside, turning regularly. Cut into pieces and serve with chopped vegetables and pasta. These small pieces might also be enjoyed as finger foods.



Mince Baskets

Replace canned tomatoes with a 420g jar of pasta sauce. Once savoury mince has simmered for 20-30 minutes until the mixture is thick, set aside. Line greased muffin tins with slices of fresh bread (crusts removed). Sandwich bread is best. If using toast bread, roll it out and flatten the bread first. Fill each with some savoury mince and top with a slice of tomato and a little grated cheese. Bake at 200°C for 10-15 minutes until golden brown. Serve with a green salad or seasonal vegetables.



Tacos

Add a 420g can of baked beans to the cooked savoury mince and fill warmed taco shells topped with grated cheese. Serve with salad, or your favourite vegetables.



Mince Wraps

Add a 425g can of kidney beans (or baked beans) to cooked savoury mince. Spread a large spoonful onto a tortilla with some grated cheese. Fold the bottom over the mince and roll up tightly sideways. Secure with a toothpick and grill the wraps until hot. Remove the toothpick before serving. Alternatively serve savoury mince in mini pita pockets with grated carrot, chopped cucumber and tomato.



Baked Potato

Bake or microwave 4-6 medium sized potatoes. Combine the savoury mince with the flesh of each potato, reserving the cooked skin. Fill the potato shells with the mince and potato mixture. Top with grated cheese and serve with your favourite vegetables.



Mini Pizzas

Spread 2 Tbsp of the savoury mince onto a split bun or roll. Top each bun with 1 Tbsp spaghetti and sprinkle with grated cheese. Place under a hot grill until the cheese is melted. Cut into slices for toddlers. Check the cheese is not too hot when serving.



Mini Burgers

Using the same recipe as Mini Meatballs, shape into small meat patties and place on a soft roll with tomato, lettuce and grated carrot.



Spaghetti Bolognese or Pasta

Serve the savoury mince over spaghetti or stir through your favourite pasta. Serve with salad or seasonal vegetables.



Other ideas:

STEAK FINGERS - Grill, fry or barbecue beef or lamb steak and cut into small shapes or fingers. Serve as part of a platter with cherry tomatoes, sticks of cheese, carrot, celery, cucumber or red capsicum and pieces of fruit.

STIR FRIED BEEF OR LAMB WITH VEGETABLES

LAMB CHOPS – grilled or barbecued. Lamb cutlets are ideal too as kids can hold onto the bone easily.

LITTLE SANDWICHES with thin slices of cold roast beef or lamb with salad.

For more information about iron and health and/or recipes please contact:

Beef and Lamb New Zealand

Freephone 0800 733 466 or visit www.nzbeeflamb.co.nz

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