

Baby food Reference Guide

Cooking Times Cheat Sheet

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Fruits

<u>~Ingredients~</u>	<u>~Quantity~</u>	<u>~Prepare~</u>	<u>~Steam Time~</u>	<u>~Yield~</u>
Apples	2 medium	1/4" diced	15 min	3/4 cup
Blueberries	1 3/4 cup	whole	10 min	1 cup
Mango	1 large	1/4" diced	10 min	1 cup
Peaches	2 small	1/4" diced	15 min	3/4 cup
Pears	2 small	1/4" diced	10 min	1 cup
Plums	3 plums	1/4" diced	15 min	1 1/2 cups
Prunes	10 oz	whole	20 min	1 cup

Vegetables

<u>~Ingredients~</u>	<u>~Quantity~</u>	<u>~Prepare~</u>	<u>~Steam Time~</u>	<u>~Yield~</u>
Broccoli	1 stalk	1" sections	15 min	3/4 cup
Butternut Squash	1/3 squash	1/4" diced	20 min	3/4 cup
Carrot	2 medium	1/4" diced	25 min	1/2 cup
Potato	2 medium	1/4" diced	20 min	1 cup
String Bean	8 oz	1/2" diced	20 min	1 cup
Sweet Potato	1 medium	1/4" diced	25 min	1 1/2 cup
Zucchini	1 medium	1/4" diced	15 min	1/2 cup



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