

...Making Food for Your Baby...



Dried Beans, Peas & Lentils

Once your baby is 6 months old, they are ready to start solid foods.

1. Wash your hands and work area with hot soapy water.
2. Rinse beans, peas or lentils under cold water and remove any debris or broken peas, beans or lentils.
3. Soak beans and whole peas (split peas and lentils do not need to be soaked).



Best soak method:

Place beans or peas in large bowl.
Add 3 cups of cold water per 1 cup of beans or peas.
Soak overnight.
Drain water.

4. In a large pot, add 1 cup of soaked beans, peas or lentils with 3 cups of water. Bring water to a boil, cover pot with lid and cook at low heat until soft. Cooking times are different for each type of bean, pea or lentil. After they are cooked, drain and rinse them under cold water.



Cooking times:

Red lentils	10 minutes
Green lentils	30 minutes
Split peas	45 minutes
Whole peas	2 hours
Beans	2 hours



5. Place the beans, peas or lentils into a bowl. To mash, use a fork or potato masher. (If baby is just starting meat and alternatives, add a small amount of water to thin it.)



6. You can store the beans, peas or lentils in the fridge for up to 2 days or 3 months in a fridge freezer or 6 months in a deep freezer.



Tip:

To freeze your baby food, place 1 tablespoon of food into each section of a clean ice cube tray and put in freezer. Once the food is frozen, remove the food cubes from the ice cube tray and put them into a plastic freezer bag.

