MIXED BEANS AND VEGETABLE STEW
SERVED WITH BREAD OR RICE

INGREDIENTS  (Makes 6 toddlers portions)
• 1 1/2 tbsp vegetable oil
• 1 small onion, peeled and diced
• 1 tsp minced garlic
• 1 large potato, washed and cubed
• 3 carrots, peeled and sliced
• 1 large can (400g) chopped tomatoes
• 200g frozen peas
• 350ml water
• 1 large can (400g) reduced-salt, reduced-sugar mixed beans (chick peas, kidney beans)
• 200g minced meat (chicken/pork/beef/lamb)

METHOD:
• Heat a little oil in a large pan and lightly stir-fry the onion and garlic until they start to soften.
• Add all the other ingredients to the pan and stir well.
• Bring to a boil and simmer gently for about 15 minutes until the vegetables are cooked.
• Serve with ½ bowl of rice or 2 pieces of toasted bread, as desired.

HEALTHY EATING TIPS
Stews can be a good way to get your child to eat more vegetables and get enough fibre in their diet. If on a vegan/vegetarian diet, alternatives such as beans are good ways to ensure that your toddler has enough protein in his diet.