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CHEF SABRINA FALONE

BEEF & TOMATO SKILLET WITH CHEESY CORNBREAD

Servings: 4 to 6

Prep Time: 15 minutes • Cook Time: 50 minutes • Total Time: 65 minutes

This dish is an iron king with iron sources from beef and lentils, and boosted iron uptake thanks to the tomatoes, the meat + lentil combo, and even the cast-iron pan! Iron is important for toddlers and babies starting on solid foods as they need more iron than their Dads! This dish is also a great opportunity to introduce kids to some warming spices like cumin and chili powder, and some less familiar foods like lentils perhaps. Toddlers (and parents!) will love sopping up the sauce with the cheesy cornbread. Delish!

Follow the 🚧 symbol in the recipe copy to know when to take steps to make foods for 1 – infants starting solids, 2 – older infants who can manage chunkier foods, 3 – toddlers who can work with finger foods. You'll find the method steps for children of different stages later in the recipe copy. Look for 🚧 for children (6 to 8 months), 🚧🚨 for children (9 months to 12 months) or 🚧🚨🚨 for children (12 month +).

INGREDIENTS

BEEF, LENTIL AND TOMATO:

- 1 tablespoon canola oil
- 1 lb (500 g) Lean Ground Beef
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 tablespoon EACH mild chili powder, dried oregano leaves and ground cumin
- 1 can (28 oz/796 mL) no-salt added diced tomatoes
- 1 can (19 oz/540 mL) lentils, drained and rinsed well
- 2 cups mixed frozen vegetables, such as green beans, peas and corn
- 2 tablespoons lime juice
- $\frac{3}{4}$ cup sour cream
- $\frac{3}{4}$ teaspoon EACH salt and pepper (approx.)
- 7 tablespoons lemon juice

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INGREDIENTS (CONTINUED)

CORBREAD TOPPING:

- 1 cup all-purpose flour
- 1 cup fine cornmeal
- 2 teaspoons baking powder
- $\frac{1}{2}$ tsp baking soda
- 1 cup shredded aged Cheddar cheese
- 1 cup buttermilk
- 1 tablespoon butter, melted
- 2 tablespoons grated Parmesan cheese

AVO-CUCUMBER SALSA:

- 1 ripe avocado, pitted and finely chopped
- 1 cup diced cucumber
- 2 tablespoons finely chopped red onion
- 1 tablespoon lime juice
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon salt

METHOD

BEEF AND LENTIL MIXTURE:

1. Preheat oven to 400°F. Heat oil in a 12-inch cast-iron or other ovenproof skillet set over medium-high heat. Crumble in beef. Cook, breaking up with a spoon, for 5 minutes or until browned. Add onion, garlic, chili powder, oregano and cumin; reduce heat to medium. Cook, stirring often, for 5 minutes or until onion is tender.
2. Stir in diced tomatoes, lentils and $\frac{1}{2}$ cup water; bring to a boil. Simmer, covered, for 10 minutes or until sauce has thickened slightly. Stir in mixed vegetables and lime juice. Remove from heat. Stir in sour cream. Season with salt and pepper.

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METHOD (CONTINUED)

CORBREAD TOPPING:

- 1 • In a medium bowl whisk flour with cornmeal, baking powder and baking soda. Add cheese and toss to distribute evenly. Stir in buttermilk until a ragged dough is formed. Dollop biscuit-sized portions of dough over skillet, leaving some gaps, to allow for expanding. Brush with melted butter and sprinkle with Parmesan cheese.
- 2 • Bake for 22 to 25 minutes or until topping is set and lightly browned on top. Cool for 5 minutes before serving.

AVO-CUCUMBER SALSA:

👶👶👶 Meanwhile, in small bowl, combine avocado, cucumber with avocado, red onion, lime juice, cumin and salt. Serve with Baked Skillet.

Per Serving (1/4 full recipe): 676 calories, 35 g protein, 30 g fat, 74 g carbohydrate, 12 g fibre. 50% DV iron, 57% DV zinc, 71% DV vitamin B12 (based on 14% M.F. sour cream)

TODDLER/BABY METHOD ADJUSTMENT

INFANT PURÉ 🍼

Remove some of the beef mixture before adding the sour cream. Do not season with salt and pepper. Place beef mixture with thawed, frozen vegetables in a blender or baby food processor; purée until very smooth. Add water, formula or *breast milk to achieve a smooth puré. Mash some of the avocado with a splash of lime juice until smooth.

***Note:** wait until a child is 9 to 12 months old before introducing cow's milk.

Before serving, heat up all baby food until hot, then cool to lukewarm, stirring in mashed avocado or serving it separately.

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TODDLER/BABY METHOD ADJUSTMENT (CONTINUED)

BABY CHUNKY MASH 🍼伟大复兴

Remove some of the beef mixture *after adding the sour cream. Do not season with salt and pepper.

Place beef mixture with some thawed, frozen vegetables in a baby food processor; pulse until finely chopped but not purée. Add water, *milk, formula or breast milk to thin, as needed.

After baking, break some cornbread into small pieces.

Mash some avocado; stir with a pinch of cumin and a splash of lime juice.

***Note:** If your baby has not yet tried dairy products or has a milk allergy or sensitivity do not use milk or sour cream.

Before serving, heat up all baby food until hot, then cool to lukewarm, stirring in mashed avocado or serving it separately.

TODDLER FINGER FOODS 🍼伟大复兴

Remove some of the beef mixture *after adding the sour cream. Do not season with salt and pepper.

To Serve:

Before serving, heat up all baby food until hot, then cool it down to lukewarm. Serve with a spoon. Plate with a piece of baked cornbread, additional corn kernels and cucumber slices

Toss avocado chunks in a splash of lime juice with a pinch of cumin.

***Note:** If your baby has not yet tried dairy products or has a milk allergy or sensitivity do not use sour cream, Cheddar or Parmesan.

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STORING & FREEZING

Prepared purée, chunky mash and finger foods can be stored tightly covered, in the refrigerator, for up to 1 day.

To freeze, divide into desired portions (1 to 4 oz), in airtight containers. Label all containers, with recipe name and date prepared and freeze for up to 1 month.

Thaw in the refrigerator. Before serving, heat up all baby food until hot, then cool to lukewarm