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CHEF SABRINA FALONE

GARLIC-HERB STEAK & POTATO SKILLET DINNER

Servings: 4

Prep Time: 10 minutes • Cook Time: 30 minutes • Total Time: 40 minutes

Yes – baby is ready for a real meat-and-potatoes dinner just like the rest of the family. Iron-boosting lemon juice maximizes absorption from the iron-rich beef.

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 months +).

INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 lb (500 g) boneless fast-fry beef steaks, such as strip loin or sirloin tip
- 1 tablespoon Montreal steak spice
- 12 oz sliced mixed mushrooms, such as shiitake, oyster and cremini
- 2 tablespoons butter
- 4 cloves garlic, minced
- 1 tablespoon dried fine herbs, thyme or oregano leaves
- 1 lb baby yellow potatoes, halved (quartered, if large)
- 2 tablespoons lemon juice
- ¼ teaspoon EACH salt and pepper
- ¾ cup frozen peas, thawed
- ½ cup sour cream
- 2 tablespoons grainy Dijon mustard
- 2 tablespoons finely chopped chives or parsley
- 1 teaspoons prepared horseradish (optional)

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METHOD

- 1 • Heat 1 tablespoon oil in a large, non-stick skillet set over medium-high heat. Season steaks all over with steak spice. In batches, cook steaks for 2 to 3 minutes per side or until browned. Transfer to a plate. Tent with foil.
- 2 • Add the remaining oil and mushrooms to skillet. Cook, stirring, for 5 to 7 minutes or until lightly browned and tender. Transfer to a plate and set aside.
- 3 • Reduce heat to medium. Add butter, garlic and dried herbs; cook, stirring, for 1 minute. Stir in potatoes and toss to coat well. Pour in 1 cup water. Cook covered and stirring occasionally, for 15 to 18 minutes or until fork tender and browned. (Add additional water, 1/4 cup at a time, if skillet becomes too dry and potatoes are not cooked through). Add lemon juice. Season with salt and pepper.
- 4 • Meanwhile, slice steak on a diagonal across the grain, into thin strips. Return steak and mushrooms to skillet with any accumulated juices. Stir in peas. Cook, stirring, for 2 minutes or until evenly coated and heated through. Remove from heat.
- 5 • Meanwhile, stir sour cream with mustard, chives and horseradish (if using). Serve with skillet dinner.

Per Serving (1/4 full recipe) 586 calories, 44 g fat, 39 g carbohydrates, 7 g fibre, 55% DV iron, 95% zinc, 106% vitamin B12

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TODDLER/BABY METHOD ADJUSTMENT

TODDLER/BABY SWITCH UP: INFANT PURÉE 🥘

Brown a piece of steak, unseasoned, specifically for baby. Set aside some mushrooms after browning. Remove some cooked potatoes after adding lemon juice but before adding salt and pepper. Set aside some thawed peas.

Purée steak, mushrooms, potatoes and peas in a blender or baby food processor until smooth. Add water, formula or *breast milk to achieve a smooth purée.

**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.

BABY CHUNKY MASH 🥘🥘

Brown a piece of steak, unseasoned, specifically for baby. Set aside some mushrooms after browning. Remove some cooked potatoes after adding lemon juice but before adding salt and pepper. Set aside some peas.

Pulse steak, mushrooms, potatoes and peas in a blender or baby food processor until finely chopped.

Add water, *milk, formula or breast milk to thin, as needed.

**Note: Do not use milk, if your baby has not yet tried dairy products, or has a milk allergy or sensitivity.*

Before serving, heat up all baby food until hot, then cool to lukewarm.

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TODDLER/BABY METHOD ADJUSTMENT (CONTINUED)

TODDLER FINGER FOODS 🍴🍴🍴

Brown a piece of steak, unseasoned, specifically for baby. Slice steak into thin strips, then tear into small pieces. Set aside some mushrooms after browning. Remove some cooked potatoes after adding lemon juice but before adding salt and pepper. Set aside some thawed peas. Spoon out some sour cream sauce before adding horseradish.

Before serving, heat up all baby food until hot, then cool to lukewarm. Serve with a dollop of the sour cream sauce (without horseradish) for dipping.

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. Freeze for up to 1 month. Thaw in the refrigerator and warm gently before serving.