

Chicken and Vegetable Stew



Ingredients

- 1 onion
- 1/2 green pepper
- 1 carrot
- 1 large broccoli floret
- 120g chicken breast
- 200g chopped tomatoes
- 100ml water

*Serving ideas:
peel and boil or bake
sweet potato or potato
and cut into finger
shapes*

**Great recipe
for weaning
7-9 months**

**makes 4
portions of
100g**

**Freeze
leftovers in
portions to
use another
day**

Method

1. Peel and finely dice the onion
2. Wash, de-seed and finely chop the pepper and carrot
3. Finely chop the broccoli
4. Chop the chicken into small chunks
5. Place all the ingredients into a small pan and bring to the boil
6. Simmer with the lid on until the vegetables are tender and the chicken is cooked
7. Mash to the desired consistency and serve

