



BABY FOOD GREEN BEAN PUREE

INGREDIENTS

- Kerns Homegrown Fresh Green Beans
- Water

DIRECTIONS



Chop 2 cups of Kerns Homegrown Green Beans. Steam the beans in a saucepan approximately 25 to 30 minutes. Make sure the green beans are soft, not mushy. Remove the green beans from the steamer once soft and place them in a blender. Add 3 Tbs. of water to the green beans in the blender and set the blender on Puree setting. Be sure to check the consistency of the green beans and add more water if needed. The green bean puree should be free of any clumps to prevent choking. Cool off the puree and serve up some fresh, healthy green beans to baby!

Note: puree can be placed in a freezer safe container and unfrozen as needed. The recommendation is the frozen puree should be used within 3 months.