

RECIPE #10: SETTING THE TABLE FOR SUCCESS

- ✓ Children can become overwhelmed by large, adult-sized portions. Appropriate portion sizes vary by age and appetite. For example, serve ¼-½ of an adult-sized portion to toddlers/preschoolers. Allow them to have more if still hungry.
- ✓ Bring serving dishes to the table for a family-style meal and allow children to serve themselves. Younger children may need help and will benefit from smaller serving dishes and light-weight serving utensils.
- ✓ To reduce food waste, guide your children to take a small portion to start and reassure them there is more food if still hungry.
- ✓ Remove clutter from the eating area to make the table an inviting space. Turn off and put away screens and other distractions.
- ✓ Children eat differently on different days. Good nutrition occurs over the course of days or weeks, not within a single meal or a single day of eating. Children may have a big appetite or take just a few bites. Some days they may choose fruit, other days protein. This is okay!



CREAM OF CARROT SOUP

Recipe Source: Food.com

Total preparation/cooking time: 1 hour and 15 minutes
8 servings

INGREDIENTS

- 1 cup onion, finely chopped
- 2 tablespoons butter or margarine
- 4 1/2 cups carrots, peeled, thinly sliced
- 1 large potato, peeled, cubed
- 3 1/2 to 4 cups chicken broth or vegetable broth
- 1 teaspoon ground ginger powder (optional)
- 1 12-ounce can evaporated milk or 2 cups half-and-half or whole milk
- 1 teaspoon crushed dried rosemary (optional)
- 1/2 teaspoon salt, to taste
- 1/8 teaspoon black pepper, to taste

INSTRUCTIONS

1. In a large stockpot, melt butter and sauté onion until soft and tender, about 5 minutes.
2. Add carrots, potatoes, chicken broth, and ginger powder.
3. Cover and cook on medium heat for 30 minutes or until veggies are very tender.
4. Remove from heat and let cool for 15 minutes.
5. Using an immersion blender, puree the soup right in the pot. You may also pour batches into a blender and puree, or leave chunky.
6. Return to heat and add milk, rosemary, salt, and pepper.
7. Cook over low heat until heated through, maybe 5 minutes.

Note: Curry powder and/or thyme may be substituted for ginger and/or rosemary.



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