

Vegetable Purees

		Prep	Cook	Puree
	Avocado	Cut in half lengthwise, whack the blade of a chef's knife into the seed, twist to loosen, and remove. Scoop the flesh out of the peel.		Mash well in a bowl with a fork until very smooth, then puree in a food processor or blender for about 2 minutes. When storing, squeeze air out of the bag before sealing.
	Bell Pepper	Cut in half through the stem end. Remove the stem, seeds, and white membrane.	Steam for 10-12 minutes.	In a food processor or blender for about 2 minutes, until smooth.
	Broccoli	Cut into florets.	Steam for 6-7 minutes. Florets should be tender but still bright green. If they turn an olive green color, they're overcooked.	In a food processor or blender for about 2 minutes. Add a few teaspoons of water if needed for a smooth creamy texture.
	Butternut Squash	Cut off the stem, cut squash in half lengthwise and scrape out seeds.	Roast the halves on a cookie sheet, flesh-side down, at 400F for 45 to 50 minutes.	Scoop out the flesh and puree in a food processor or blender for about 2 minutes.
	Carrot	Peel, trim the ends, and cut into 3-inch chunks.	Steam for 10 to 12 minutes.	In a food processor or blender for about 2 minutes, with a few teaspoons of water if needed for a smooth texture.
	Cauliflower	Cut off florets and discard core.	Steam for 30-40 seconds or cook in a skillet with 1 tablespoon water for 90 seconds, until wilted	In a food processor or blender for about 2 minutes, with a few teaspoons of water if needed for a smooth, creamy texture.

		Prep	Cook	Puree
	Spinach	No prep at all for baby spinach. For mature spinach, fold leaves in half lengthwise with the stem outside, then strip the stem off the leaf.	Steam for 30-40 seconds, or cook in a skillet with 1 tablespoon water for about 90 seconds, or just until wilted.	In a food processor or blender for about 2 minutes, until smooth and creamy.
	Sweet Potato	Do not peel. Cut into quarters, if steaming. Leave whole, if roasting.	Steam for 40 to 45 minutes. Roast at 400F for 50 to 60 minutes.	Scoop out the flesh and puree in a food processor or blender.
	Zucchini and Summer Squash	Trim off the ends and cut into 1-inch pieces.	Steam for 6 to 8 minutes.	In a food processor or blender for about 2 minutes, until smooth.

