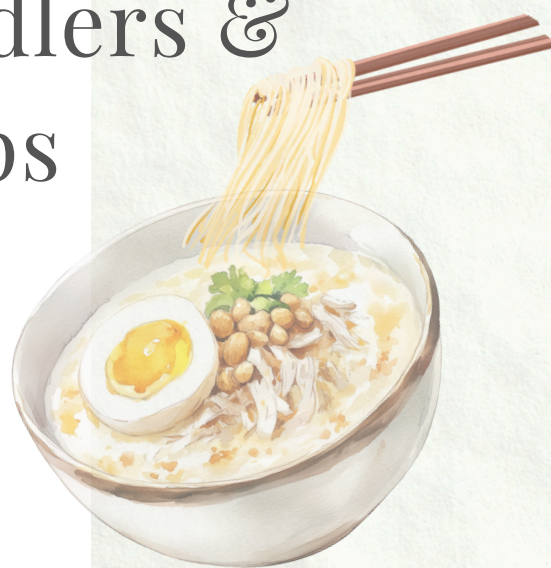


# One Pot, Three ways: Asian-Inspired recipes for Babies, Toddlers & Grown-Ups



Cook once, season three  
ways, and keep your  
whole family nourished  
without the chaos.

*Healthy recipes Minus  
Stress & Extra Dishes*



# *What's a Rice Cooker (and Why You'll Love It)*

A rice cooker is an electric pot that cooks food by gently steaming it until it's perfectly done — then automatically switches to Warm to keep it ready without overcooking. Unlike an Instant Pot (which uses high pressure) or a Crock-Pot (which slow cooks for hours), a rice cooker uses steady heat and steam, making it safer, simpler, and surprisingly versatile.

You can cook so much more than rice — from soups and porridge to pasta and one-pot family meals. Just add your ingredients, press a button, and walk away!






## WHICH RICE COOKER TO CHOOSE:

Any standard rice cooker with a Cook mode that automatically switches to Warm when done will work.

Click the rice cooker icon to check out the one I've been using —



# Rice Cooker Quick Reference

Dish Type	Ratio/Line guide	Notes
Plain Rice 	Fill liquid to rice line (e.g., “2” for 2 cups rice)	Always rinse rice first
Porridge (Baby) 	1 cup rice + ~5 cups liquid » around 5 line	Smooth & thin texture
Porridge (Toddler/Adult) 	1 cup rice + ~3.5-4 cups liquid » around 3.5-4 line	Thicker consistency
Soups 	1 cup rice + ~3-4 cups liquid » around 3-3.5 line	Add veggies/protein, don't overfill
Pasta 	1 cup pasta + ~1.5 cups liquid for 17 minutes (For small & short pastas only)	Add a drizzle of oil to keep pasta from sticking.

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# Portion Guide for Baby, Toddler & Adults

## For Baby 🍼

- Early eater (just starting solids): Smooth purée. Add a little hot water to thin if needed.
- Older baby (more practice): Thicker texture, lightly mashed – no need to blend completely.
- Confident eater (ready for small bites): Use kitchen scissors to cut food into soft, bite-sized pieces to encourage chewing.
- Add 1 tsp of olive oil or sesame oil at the end, depending on the type of food, for healthy fats.

## For Toddler 👧👦

- Lightly season food with garlic oil, mushroom seasoning, and just a tiny pinch of salt.
- Keep pieces small and soft enough to chew easily.
- Avoid strong flavors or too much oil – gentle seasoning is enough at this stage.
- Add 1 tsp of olive oil or sesame oil at the end, depending on the type of food, for healthy fats.

## For Adults 👨👩

- Once the baby and toddler portions are set aside, adjust seasoning freely with fish sauce, soy sauce, extra salt, or chili for more flavor.
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# Quick Hack: Easy Weekly Protein & Veggie Prep



## Buy in Bulk

Grab small packs of beef, ground pork, chicken, and salmon, plus easy veggies like 1 butternut squash, a bag of carrots, 4–5 potatoes, and pre-washed spinach.

Wash, peel, and chop your veggies and proteins ahead of time. Divide them into small ziplock bags — one meal's worth per bag.



## Portion for the Day, Not Per Gram

Wash, peel, and chop your veggies and proteins ahead of time. Divide them into small ziplock bags — one meal's worth per bag. Just use what your family normally eats for one meal. (Too much meat or veggies stuffed in can cause uneven cooking!)



## Wrap & Store

Wrap each protein portion tightly with plastic food wrap and pack veggies in small ziplock bags. Store everything in the freezer.



## Thaw Overnight

Move what you plan to cook tomorrow into the fridge the night before, so it's ready when you are.



## Kitchen Tip: *Washing Vegetables*


Before cooking, wash your vegetables in water with a little baking soda. This simple step helps lift away dirt, wax, and pesticide residues, leaving your produce cleaner and safer for the whole family. Here's how to Wash Produce (Step by Step):

1. Rinse vegetables twice to remove any surface dirt.
2. Soak in a baking soda solution for about 10 minutes (~1 tsp baking soda per 4 cups water).
3. Rinse thoroughly with clean water.





# Beef & Potato Porridge

 2 servings

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## INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground beef
- 1 medium potato, diced small
- 3 cups water or broth
- 1 tbsp mushroom seasoning
- Salt
- 1 tsp sesame oil
- 1 tbsp garlic oil
- Fresh herbs (optional: scallions, cilantro, parsley)

## INSTRUCTIONS

1. Add rice, beef, potato,, and water/broth to the rice cooker.
2. Close lid, set to Porridge mode for 55 minutes or Cook mode until it switches to warm.
3. Baby portion: Scoop out baby's serving, stir in sesame oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, extra sesame oil and salt to taste. Garnish with fresh herbs if desired.

### NOTES

For porridge meals, the water or broth amount can be adjusted depending on how thick or soupy you like it.

Avoid adding fish sauce into porridge, as it can make the porridge turn sour.



# Salmon rice with Secret sauce



2 adult servings

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## INGREDIENTS

- 1 cup jasmine rice, rinsed until water runs mostly clear
- 1 small salmon fillet
- 1 tbsp butter
- 1-2 tbsp garlic oil
- 1 tbsp cooking syrup (or sugar)
- 1 cup water (Fill to 1 cup mark )
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1½ tbsp roasted raspberry chipotle sauce
- 1 tbsp mushroom seasoning

## INSTRUCTIONS

1. In a bowl, combine the cooking syrup, soy sauce, oyster sauce, mushroom seasoning, chipotle raspberry sauce, and garlic oil. Mix well.
2. Coat the salmon evenly in the sauce and let it marinate for a few minutes.
3. Rinse the rice thoroughly until the water runs clear.
4. Add the rinsed rice and water to the rice cooker, filling up to the 1-cup line inside the pot.
5. Place the marinated salmon on top of the rice along with any remaining sauce.
6. Add the butter on top.
7. Close the lid and cook on the regular mode until it switches to “warm.”
8. Once cooked, open the lid and gently mix the salmon and rice together.
9. Serve warm and enjoy! This dish pairs wonderfully with roasted seaweed.
10. Baby portion: Scoop out baby’s serving, add a little bit of hot water to soften the rice and thin out the seasonings if desired, stir in sesame oil for healthy fats.
11. Toddler & adult portions: Season with extra sesame oil and soy sauce to taste.

## NOTES

- To make additional servings, simply double the ingredient ratio.
- For example: 2 cups rice : 2 cups water : 2 pieces of salmon
- 1 cup of rice yields approximately 2 servings for 2 adults.