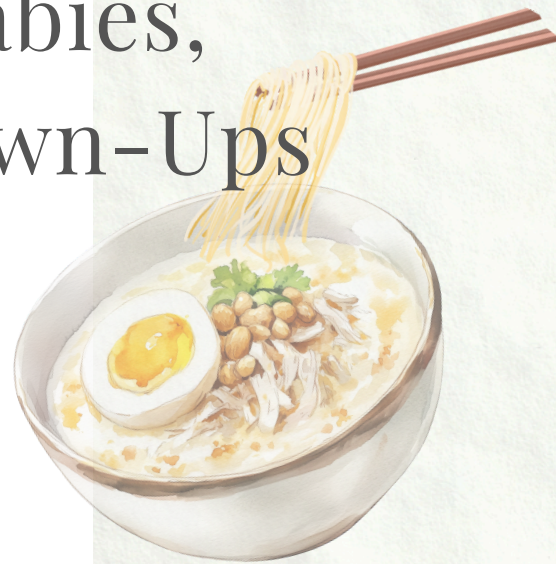


# One Pot, Three ways: 30 Asian-Inspired recipes for Babies, Toddlers & Grown-Ups



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

*Healthy recipes Minus  
Stress & Extra Dishes*





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## Welcome

This 30-day one-pot plan was made for busy parents who want healthy, nourishing meals—without cooking three times a day. Every recipe is rice-cooker friendly, hands-off, and designed to feed your whole family. Just add the ingredients, press start, and come back to a warm meal ready for baby, toddler, and you.

What makes these recipes special is their everyday practicality. In my kitchen, one pot often feeds everyone: a soft scoop for the baby, a seasoned version for the toddler, and extra flavor for the adults. However you adapt them, the goal stays the same—cook once, feed stress-free all day.

These meals are soft, balanced, and nutrient-rich—perfect for little ones, yet comforting and satisfying for parents too. They're not about fancy plating or restaurant flair; they're about real food, real families, and real relief.

Use this plan as a flexible guide, not a rulebook. Swap what you have, season to taste, and make it your own. Cooking for kids doesn't have to be perfect—it just has to be doable, nourishing, and peaceful.

“—————

*cook once, feed stress-free all day*

—————”

# *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



- For a family of 3–4, a 5.5-cup cooker is perfect.
- For larger families, go for a 10-cup cooker.



Always start by checking your rice cooker's inner pot markings — they're designed for that exact machine.








- If adding more veggies/protein, you may need to go slightly above the rice line so everything cooks evenly.
- Use reasonable portions. (150–250g protein + 1–2 cups chopped veggies per recipe is plenty).



• **DON'Ts** •

Don't throw in a whole 2 lb pack of meat — it won't cook evenly in a small rice cooker.

# 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	Add a drizzle of oil to keep pasta from sticking.

# Quick Guide: Which Oil to Use

Oil Type	When I Use It
Garlic Oil	can be added to every recipe to boost flavor
Olive Oil	Everyday healthy fat
Sesame Oil	For stronger flavor, pairs best with beef & seaweed

## NOTES

- Always add olive or sesame oil at the end of cooking, not at the beginning, so they keep their nutrients and don't lose their natural flavor.

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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.
-

# 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.



# My Two Secret Kitchen Staples ✨

If there are two things that make these one-pot rice cooker meals taste so good with so little effort, it's garlic oil and mushroom seasoning.



## Garlic Oil 🧄

I always keep a jar of homemade garlic oil right on my counter. It's quick to make, lasts for weeks at room temperature, and instantly adds fragrance and depth to almost any dish. Since everything in this book is cooked in one pot, garlic oil is my little secret to making the flavors pop without extra steps. A spoonful goes into nearly every recipe — for the grown-ups and toddlers — while baby portions are kept plain.



## Mushroom Seasoning 🍄

Think of it as a clean, umami-rich boost that makes soups more savory and porridges more satisfying, without relying on MSG or heavy sauces. You can find it in almost any Asian supermarket or easily on Amazon. Once you try it, you'll probably find yourself sprinkling it into everything, just like I do.

👉 The brand I'm using: Mushroom seasoning



## Garlic Oil



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### INGREDIENTS

- 1 bag pre-peeled garlic cloves
- Generous amount of neutral oil (such as vegetable, canola, sunflower, or grapeseed)
- A pinch of salt
- 1 tsp of mushroom seasoning powder
- chili powder (optional )

### INSTRUCTIONS

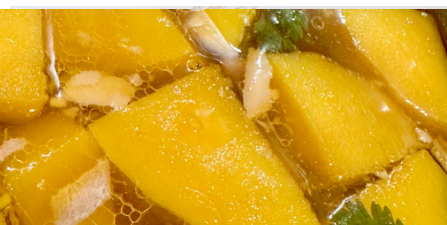
1. Mince garlic in a food processor (quick and easy).
2. Heat oil in a pan under medium heat.
3. Add garlic and stir well, then reduce heat to low immediately.
4. Cook gently until garlic turns golden (not brown).
5. Season lightly with salt and mushroom seasoning
6. Store in a clean jar at room temperature near your stove. Keeps for weeks.

### NOTES

- If using vegetable or neutral oil: medium heat, about 325°F (160°C).
- If using olive oil (light or extra light, not strong extra virgin, since it can turn bitter when heated too high): low to medium-low heat, about 250–300°F (120–150°C).



"The first 24 recipes are mostly porridge and soup dishes, perfect for babies who are just starting solids or for those days when your family feels under the weather and needs a warm, hearty, and nourishing meal to restore energy. Each recipe offers a perfect balance of one protein and a combination of healthy vegetables, making every bowl both comforting and nutritious."



# 30-day Menu:

NAME:	TRIED	NOT YET
<input type="radio"/> Carrot & Ground Pork Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Broccoli & Salmon Pasta Soup	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Butternut Squash & Ground Chicken Porridge:	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Pork, Carrot & Egg drop Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Beef & Broccoli Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Green Bean, Pork, Quinoa Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Soft Tofu Stew with Your Choice of Protein (Serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Beet, Carrot & Potato Soup with Ground Pork (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Pumpkin Soup with Chicken (Serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Beef & Potato Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Cabbage & Ground Pork Soup (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Vietnamese yu choy with Shrimp Soup (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Miso Tofu & Salmon Stew (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Beef & Carrot Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Pork, Potato & Carrot Soup (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Wintermelon with Chicken Soup (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Chicken, Corn & Carrot Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Pork & Zucchini Porridge	<input type="radio"/>	<input type="radio"/>
<input type="radio"/> Chicken & Cauliflower soup (serve with rice)	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





## Carrot & Ground Pork Porridge

 2 adult & 2 kids servings

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### INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground pork
- 1 medium carrot, diced small
- 2½–3 cups water
- 1 tbsp mushroom seasoning (for toddler/adults)
- 1 tbsp olive oil (add after cooking for baby)
- Adult seasoning (after baby's portion is removed):
  1. Salt, to taste
  2. 1 tbsp garlic oil ( for extra flavor)

### INSTRUCTIONS

1. Add rice, pork, carrot, and water or broth to the rice cooker.
2. Close lid, set to Porridge mode for 45–60 minutes (or use regular Cook mode until it switches to Warm).
3. When done, portion baby's serving and add in olive oil for healthy fats.
4. For adults/toddlers, season with mushroom seasoning, salt, and garlic oil.
5. Serve warm.

#### 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 for this recipe as it can cause your porridge to sour.

#### TIP

Keep the toddler's portion lightly seasoned using garlic oil, mushroom seasoning, and a pinch of salt. Once their portion is set aside, add adjust seasoning for the adult version to enhance flavor.



## *Broccoli & Salmon Pasta Soup*



2 adults +  
~2 young kids

---

### INGREDIENTS

- 2 cups of your choice of pasta
- 150g (5 oz) salmon fillet, skin removed
- 1 cup broccoli florets, chopped small
- 3 cups water or unsalted chicken broth
- 1 tbsp mushroom seasoning, 1 tbsp garlic oil
- 1 tbsp olive oil
- Fish sauce
- Salt

### INSTRUCTIONS


1. Load ingredients: Add pasta, salmon fillet, broccoli, and water/broth into the rice cooker pot.
2. Close lid, set to Soup mode for 20 minutes (or use regular Cook mode, set an alarm for 20 minutes, then hit “cancel” to stop the cooking process.
3. Flake salmon: Once cooking is done, remove salmon, flake it with a fork, and return it to the soup.
4. Baby portion: Scoop out baby’s serving, stir in 1 tbsp olive oil for healthy fats.
5. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce, and salt to taste.

#### NOTES

For soup meals, the water or broth amount doesn’t have to be exact — you can add a little more for a lighter soup or reduce slightly for a richer flavor.



## *Butternut Squash & Ground Chicken Porridge:*

 2 servings

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### INGREDIENTS

- 60½ cup jasmine rice, rinsed until water is mostly clear
- 150g (5 oz) ground chicken
- 1½ cups butternut squash, peeled and diced small
- 2½–3 cups water or unsalted chicken broth
- 1 tbsp garlic oil
- Mushroom seasoning powder
- Salt to taste
- 1 tsp olive oil
- Chopped cilantro for garnish (optional, adults only)

### DIRECTIONS

1. Add rice, ground chicken, squash, and water/broth into the rice cooker.
2. Close lid, set to Porridge mode for 45–60 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in 1 tbsp olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, and salt to taste.

#### 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.



## *Pork, Carrot & Egg drop Porridge*

 2 servings

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### INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground pork
- 1 medium carrot, diced small
- 1 egg, lightly beaten
- 2½–3 cups water or broth
- 1 tbsp mushroom seasoning
- 1 tsp olive oil
- Salt
- 1 tbsp garlic oil

### DIRECTIONS

1. Add rice, ground pork, carrot, and water/broth to the rice cooker pot.
2. Close lid, set to Porridge mode for 45–60 minutes (or use regular Cook mode until it switches to Warm).
3. When there are 5 minutes left on the timer, open the lid, slowly drizzle in the beaten egg while stirring gently, then close the lid to finish cooking.
4. Baby portion: Scoop out baby's serving, stir in 1 tbsp olive oil for healthy fats.
5. Toddler & adult portions: Season with mushroom seasoning, garlic oil, and salt to taste. Best to pair with a soft boiled egg on top.

### 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.



## Beef & Broccoli Porridge



2 servings

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### INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground beef
- 1 cup broccoli florets, chopped small
- 2½–3 cups water or broth
- 1 tbsp mushroom seasoning
- 1 tsp olive oil
- 1 tbsp garlic oil
- Salt

### INSTRUCTIONS

1. Add rice, beef, broccoli, and water/broth to the rice cooker.
2. Close lid, set to Porridge mode for 45–60 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in 1 tbsp olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, and salt to taste. Best to pair with a soft boiled egg on top.

#### 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.



# Green Bean, Pork, Quinoa Porridge



2 servings

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## INGREDIENTS

- ¼ cup jasmine rice, rinsed
- ¼ cup quinoa, rinsed
- 150g (5 oz) ground pork
- 1 cup green beans, chopped small
- 2½–3 cups water or broth
- 1 tbsp mushroom seasoning
- 1 tsp olive oil
- Salt
- 1 tbsp garlic oil

## INSTRUCTIONS

1. Add rice, quinoa, pork, beans, and water/broth to the rice cooker.
2. Close lid, set to Porridge mode for 45–60 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in 1 tbsp olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, and salt to taste.

### 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.



## *Soft Tofu Stew with Your Choice of Protein (Serve with rice)*



2 servings

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### INGREDIENTS

- 200g (7 oz) ground pork, beef, or chicken
- 1 block soft tofu, cubed
- 1 small zucchini, diced
- ½ small onion, chopped
- 2.5 cups unsalted broth
- 1 tsp sesame oil
- Fish sauce to taste
- 1 tbsp garlic oil
- 1 tbsp gochujang (optional if you can't find it)
- Salt

### INSTRUCTIONS

1. Add ground meat, tofu, zucchini, onion, broth, and sesame oil to the rice cooker.
2. Close lid, set to Soup mode for 25–35 minutes (or use regular 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.

### NOTES

- For soup meals, the water or broth amount doesn't have to be exact — you can add a little more for a lighter soup or reduce slightly for a richer flavor.
- Prepare the rice in advance.



## *Beet, Carrot & Potato Soup with Ground Pork (serve with rice)*



2 servings

---

### INGREDIENTS

- 150g (5 oz) ground pork (or chicken/turkey)
- 1 small beet, peeled and diced small
- 1 medium carrot, peeled and diced small
- 1 medium potato, peeled and diced small
- 2½–3 cups water or broth (unsalted for baby)
- 1 tbsp mushroom seasoning
- Salt
- 1 tsp olive (for baby)
- 1 tbsp garlic oil
- Fresh herbs (optional: scallions, cilantro, parsley)

### INSTRUCTIONS

1. Add ground pork, beet, carrot, potato, and water/broth to the rice cooker.
2. Close lid, set to Porridge mode for 20–30 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, and salt to taste. Garnish with fresh herbs if desired.

#### **FUN FACT**


The beet gives the soup a naturally sweet flavor and vibrant color that most kids enjoy.

#### **NOTES**

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



## *Pumpkin Soup with Chicken* *(Serve with rice)*

 2 servings

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### INGREDIENTS

- 1½ cups pumpkin, peeled and diced
- 150g (5 oz) chicken breast or thigh, cut into small pieces, or just ground chicken
- 2 cups water
- 1 tsp olive oil
- 1-2 tbsp garlic oil
- 1 tbsp mushroom seasoning
- Salt
- 1 tsp olive
- Fish sauce
- Fresh herbs (optional: scallions, cilantro, parsley)

### INSTRUCTIONS


1. Add pumpkin, chicken, and water into the rice cooker.
2. Close lid, set to Soup mode for 25-35 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with fresh herbs if desired.

#### NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



# Beef & Potato Porridge

 2 servings

---

## 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.



## *Cabbage & Ground Pork Soup*

*(serve with rice):*



2 servings

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### INGREDIENTS

- 150g (5 oz) ground pork
- 2 cups cabbage, chopped into bite-sized pieces
- 3 cups water or unsalted broth
- 1 tbsp mushroom seasoning
- 1 tbsp olive oil
- Fish sauce, to taste
- Salt, to taste
- 1 green onion, chopped (for garnish — optional)
- 1 tbsp garlic oil

### INSTRUCTIONS


1. Add ground pork, cabbage, and water/broth to the rice cooker.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with fresh herbs if desired.

#### NOTES

- For soup meals, the water amount doesn't have to be exact — you can add more or less depending on how soupy you like it. The amount of cabbage can also be flexible based on what you have.
- Prepare the rice in advance.



## *Vietnamese yu choy with Shrimp Soup (serve with rice)*

 2 servings

---

### INGREDIENTS

- 150g (5 oz) shrimp, peeled and deveined, chopped small
- 1 bunch yu choy (cải ngọt), chopped into 1–2 inch pieces
- 3 cups water
- 1 tsp olive oil
- 1 tbsp mushroom seasoning,
- Fish sauce
- Salt
- 1 tbsp garlic oil

### INSTRUCTIONS

1. Add shrimp, yu choy, and water to the rice cooker.
2. Close lid, set to Soup or Cook mode, set an alarm for 20 minutes, then hit “cancel” to stop the cooking process.
3. Baby portion: Scoop out baby’s serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with fresh herbs if desired.

### NOTES

- Shrimp cooks quickly, so pairing it with yu choy keeps the soup light, fresh, and naturally sweet without overcooking the greens.
- If you can’t find yu choy, baby bok choy, spinach, or napa cabbage make great substitutes that stay tender and mild in soup.
- For soup meals, the water or broth amount doesn’t have to be exact — adjust to your liking.
- Prepare the rice in advance.



## *Miso Tofu & Salmon Stew* *(serve with rice)*

 2 servings

---

### INGREDIENTS

- 150g (5 oz) salmon fillet, skin removed, cut into bite-sized pieces
- 1 cup soft tofu, cubed
- 1 cup napa cabbage, chopped small ( can be substituted with seaweed)
- 3 cups water
- 1 tbsp miso paste (add at the end to keep flavor fresh)
- 1 tbsp sesame oil
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- Fish sauce, to taste
- Salt, to taste
- Green onions or cilantro for garnish (optional, adults only)

### INSTRUCTIONS


1. Add salmon, tofu, cabbage, and water/broth into the rice cooker.
2. Close lid, set to Soup mode for 20 minutes (or use regular 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: Open lid, stir in miso paste until dissolved. Season with mushroom seasoning, garlic oil, and/or fish sauce and salt to taste. Garnish with fresh herbs if desired.

### NOTES

- Cabbage can be substituted with dried wakame seaweed. Wash and soak the seaweed in water for 2–3 minutes before adding to the soup.
- Napa cabbage adds a light sweetness, while seaweed gives more umami flavor.
- Prepare the rice in advance.



# Beef & Carrot Porridge

 2 servings

---

## INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground beef
- 1 medium carrot, diced small
- 2–3 slices fresh ginger (remove after cooking or finely chop to mix in)
- 2½–3 cups water
- 1 tbsp mushroom seasoning
- 1 tbsp sesame oil
- Salt, to taste
- Green onion or cilantro for garnish (optional)

## INSTRUCTIONS


1. Add rice, ground beef, carrot, ginger, and water into the rice cooker.
2. Close lid, set to Porridge mode for 55 minutes (or use regular Cook mode until it switches to Warm).
3. Remove ginger slices before serving, or finely chop and stir into porridge if you prefer.
4. Baby portion: Scoop out baby's serving, stir in sesame oil for healthy fats.
5. Toddler & adult portions: Season with mushroom seasoning, garlic oil, extra sesame oil and salt to taste. Garnish with fresh herbs if desired.

## NOTES

- Avoid adding fish sauce into porridge, as it can make the porridge turn sour.
- Porridge water/broth amounts don't have to be exact – add more for a thinner texture or less for a thicker porridge.



# *Pork, Potato & Carrot Soup (serve with rice)*

 2 servings

---

## INGREDIENTS

- 150g (5 oz) ground pork
- 1 medium potato, peeled & diced
- 1 medium carrot, diced
- 3 cups water or broth
- 1 tsp olive oil
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- Salt to taste
- Fish sauce to taste
- Chopped cilantro or green onions for garnish

## INSTRUCTIONS


1. Add pork, potato, carrot, and water/broth to rice cooker.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with fresh herbs if desired.

## NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



# *Wintermelon with Chicken Soup (serve with rice)*

 2 servings

---

## INGREDIENTS

- 2 cups wintermelon, peeled and cut into bite-size cubes
- 150g (5 oz) chicken breast or thigh, cut into small pieces
- 3 cups chicken broth or water
- 1 tbsp mushroom seasoning
- 1 tsp olive oil
- 1 tbsp of garlic oil
- Fish sauce
- Salt
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

1. Add wintermelon, chicken, and broth into rice cooker.
2. Close lid, set to Soup mode for 30 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with extra mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

### NOTES

For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.

Prepare the rice in advance.



# Chicken, Corn & Carrot Porridge



2 servings

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## INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground chicken
- ½ cup corn kernels
- 1 medium carrot, diced
- 3 cups water or broth
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

1. Add rice, chicken, corn, carrot, and water/broth to rice cooker.
2. Close lid, set to Porridge mode for 55 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with extra mushroom seasoning, garlic oil, and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- Avoid adding fish sauce into porridge, as it can make the porridge turn sour.
- Porridge water/broth amounts don't have to be exact — add more for a thinner texture or less for a thicker porridge.



# Pork & Zucchini Porridge



2 servings

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## INGREDIENTS

- ½ cup jasmine rice, rinsed
- 150g (5 oz) ground pork
- 1 medium zucchini, diced
- 3 cups water or broth
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS


1. Add rice, pork, zucchini, and water/broth to rice cooker.
2. Close lid, set to Porridge mode for 55 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with extra mushroom seasoning, garlic oil, and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- Avoid adding fish sauce into porridge, as it can make the porridge turn sour.
- Porridge water/broth amounts don't have to be exact — add more for a thinner texture or less for a thicker porridge.



# *Chicken & Cauliflower soup (serve with rice)*

 2 servings

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## INGREDIENTS

- 150g (5 oz) chicken breast or thigh, finely chopped
- 1 cup cauliflower florets, chopped small
- 1 cup king oyster mushroom, chopped small
- 3 cups water or broth
- Fish sauce to taste
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

1. Add chicken, cauliflower, mushrooms and water/broth to 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 olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.



## *Pork, Spinach & Tofu Soup (Serve with rice)*

 2 servings

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### INGREDIENTS

- 150g (5 oz) ground pork
- 1 cup soft tofu, cubed
- 2 cups spinach, chopped
- 3 cups water or broth
- Fish sauce
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

### INSTRUCTIONS

1. Add pork, tofu, and water/broth to rice cooker.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. Add in spinach at the end, let sit on Warm for 3 minutes.
4. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
5. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

### NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



# *Shrimp, Tomato & Egg Ribbon Soup*

*(serve with rice)*

 2 servings

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## INGREDIENTS

- 150g (5 oz) shrimp, peeled and deveined
- 2 medium tomatoes, diced
- 3 cups water
- 1 egg, beaten
- Fish sauce to taste
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

1. Add shrimp and tomatoes and water to the rice cooker.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. When there are 5 minutes left on the timer, open the lid, slowly drizzle in the beaten egg while stirring gently, then close the lid to finish cooking.
4. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
5. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



# *Shrimp, Tofu & Napa Cabbage Soup*

*(serve with rice):*



2 servings

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## INGREDIENTS

- 100g (3.5 oz) shrimp, peeled & deveined
- 1 cup soft tofu, cubed
- 1 cup napa cabbage, chopped
- 3 cups water or broth
- Fish sauce to taste
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil (for baby)
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS


1. Add shrimp, tofu, napa cabbage, mushroom seasoning, and water/broth to rice cooker.
2. Close lid, set to Soup mode for 20 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance.



# Crab, Corn & Shiitake Egg Drop Soup

 2 servings

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## INGREDIENTS

- 3 cups unsalted chicken or vegetable broth
- 1 cup uncooked crab meat (fresh or thawed, shell-free)
- 4–5 shiitake mushrooms (fresh, or soaked if dried), diced
- ½ cup sweet corn kernels (fresh or frozen)
- 1 egg, beaten
- 1 to 1½ tbsp cornstarch mixed with 2 tbsp water for thickening (👉 Tip: Always start with **less** (like 1 tablespoon) and add more if needed, since you can adjust but can't undo once it's too thick.)
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp sesame oil
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

1. In the rice cooker pot, add broth, crab meat, mushrooms, and corn.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. When there are 5 minutes left on the timer, open the lid, slowly drizzle in the beaten egg while stirring gently, then close the lid to finish cooking.
4. When done, open the lid and stir in cornstarch slurry to thicken the broth.
5. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
6. Toddler & adult portions: Season with extra sesame oil, mushroom seasoning, garlic oil, and salt to taste. Garnish with cilantro or green onion if desired.


## NOTES

- This recipe requires extra seasoning since crab and shiitake mushrooms are mild in flavor—use more garlic oil, add seasonings generously, and finish with sesame oil to bring out a richer, deeper taste.
- For soup meals, the broth amount doesn't have to be exact — adjust for a lighter or richer soup base depending on your family's preference.



# *Salmon, Spinach & Tomato Soup*

*(serve with rice)*

 2 servings

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## INGREDIENTS

- 150g (5 oz) salmon fillet, skin removed
- 1 medium tomato, diced small
- 1 cup spinach leaves, roughly chopped
- 3 cups water or unsalted chicken broth
- Fish sauce to taste
- 1 tbsp mushroom seasoning
- 1 tbsp garlic oil
- 1 tbsp olive oil
- Salt to taste
- Chopped cilantro or green onion for garnish

## INSTRUCTIONS

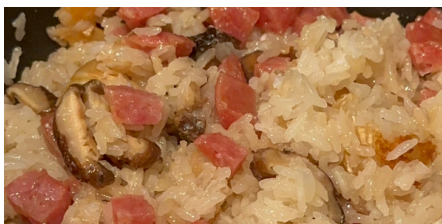
1. Add salmon, tomato, spinach, garlic oil, and water/broth into rice cooker.
2. Close lid, set to Soup mode for 25 minutes (or use regular Cook mode until it switches to Warm).
3. Baby portion: Scoop out baby's serving, stir in olive oil for healthy fats.
4. Toddler & adult portions: Season with mushroom seasoning, garlic oil, fish sauce and salt to taste. Garnish with cilantro or green onion if desired.

## NOTES

- For soup meals, the water or broth amount doesn't have to be exact — adjust to your liking. You can also add more or fewer vegetables depending on what you have on hand or your family's preferences.
- Prepare the rice in advance



*"The last six recipes are dry dishes, perfect for older kids as your baby grows and starts to enjoy more seasonings. Think of them as bonus meals packed with flavor and umami —great for lunch boxes, whether for your little ones or for yourself at work."*





# *Tomato sauce pasta with cheese*



2 servings

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## INGREDIENTS

- 1 cup elbow macaroni
- 1 cup tomato pasta sauce
- 1 cup milk
- ½ tbsp minced garlic
- 1 tbsp butter
- 1 tsp olive oil
- A handful of your choice of cheese (parmesan, mozzarella or cheddar)
- 1 tsp mushroom seasoning
- A pinch of salt to taste
- Parsley for garnish

## INSTRUCTIONS

1. Add pasta, tomato sauce, milk, salt, garlic, mushroom seasoning, and butter to the rice cooker.
2. Close lid, set to Cook or Soup mode for 18-20 minutes. If your rice cooker has no timer, set an alarm to avoid overcooking the pasta.
3. Add cheese when it's done cooking.
4. Serve immediately for best result.
5. Baby portion: Scoop out baby's serving, add a little bit of hot water to thin out the sauce, stir in olive oil for healthy fats.
6. Toddler & adult portions: Season with extra salt and cheese to taste.

## NOTES

- This works best with short pasta shapes (macaroni, penne, rotini). Long pasta (spaghetti, linguine) may need slightly more milk to cook throughly.



# *Shrimp fried rice*



2 adult servings

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## INGREDIENTS

- 1 cup jasmine rice, rinsed until water runs mostly clear
- ½ cup shrimp
- 2 tbsp garlic oil
- 1 egg
- 1 cup water (Fill to 1 cup mark )
- ½ tsp salt
- ½ tsp mushroom seasoning
- 1 tbsp butter
- 1 tbsp soy sauce to taste

## INSTRUCTIONS

1. Rinse the rice well until the water turns clear.
2. Add rice and water to the rice cooker (to 1-cup marking of the inner pot).
3. Add garlic oil, salt, soy sauce, mushroom seasoning to the rice cooker. Stir well to mix.
4. Add shrimp, veggies, egg and butter next.
5. Close the lid and let it cook on regular mode until it switches to warm.
6. Enjoy immediately while it's still hot.
7. 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 olive oil for healthy fats.
8. Toddler & adult portions: Season with extra garlic oil and soy sauce to taste. Garnish with cilantro or green onion if desired.

## NOTES

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



# 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.



## *Chicken Rice with Scallion ginger sauce (Part 1)*

 2 adult & 2 kids servings

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### INGREDIENTS FOR CHICKEN RICE

- 2 cups jasmine rice, rinsed until water runs mostly clear
- 2 bone-in, skin-on chicken thighs (or drumsticks)
- 2 tbsp garlic oil
- 2 slices fresh ginger
- Water (Fill to 2½ cup mark )
- ½ tsp salt
- ½ tsp mushroom seasoning
- 1 tbsp butter
- Soy sauce to taste

### INSTRUCTIONS

1. Rinse the rice well and add to rice cooker pot.
2. Stir in garlic oil and place ginger slices on top.
3. Lay chicken (skin side up) on top of rice.
4. Add salt, mushroom seasoning, garlic oil and butter.
5. Pour in water, fill to almost the “2.5-cup” rice cooker mark, then close the lid. Set the rice cooker to White Rice mode and cook until it switches to Warm (about 35–40 min).
6. Let rest 10 minutes before opening.
7. Remove ginger slices
8. Slice chicken, fluff rice, and serve warm.
9. Baby portion: Scoop out baby’s serving, stir in olive oil for healthy fats.
10. Toddler & adult portions: Season with extra garlic oil and soy sauce to taste. Garnish with cilantro or green onion if desired.

### NOTES

- Leftovers can be stored in the refrigerator for up to 2 days.



## *Chicken Rice with Scallion ginger sauce (Part 2)*

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### INGREDIENTS FOR SCALLION SAUCE

- ½ cup finely chopped green onions
- 1 tsp freshly grated ginger
- ½ cup neutral vegetable oil
- Pinch of salt
- 1 tsp mushroom seasoning
- 1 tbsp soy sauce (for optional dipping sauce)
- 1 tbsp sugar (for optional dipping sauce)

### INSTRUCTIONS

1. Place the green onions and ginger in a heatproof bowl. Add salt and mushroom seasoning.
2. Heat the oil until hot. Carefully pour it over the green onion and ginger mixture. Stir well to mix everything.
3. To serve with chicken rice, drizzle a spoonful of scallion oil over the dish just before serving.
4. Optional Dipping Sauce: To the remaining scallion oil, add 2 tbsp soy sauce and nearly 1 tbsp sugar. Mix until well combined and serve as a dipping sauce. Adjust salt or add a touch of soy sauce for extra flavor.



## *Basil Beef* (serve with rice)

 2 adult & 2 small kids servings

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### INGREDIENTS

- ½ tbsp sugar
- 150g (5 oz) beef (thinly slice)
- 1 tbsp soy sauce
- 1 tbsp dark soy sauce
- ¾ tbsp fish sauce
- 1 cup basil leaves
- ½ onion, sliced
- A splash of water
- 1 tbsp mayonnaise
- 1 tbsp oyster sauce
- ½ tbsp mushroom seasoning
- 1 tbsp butter
- 2 tbsp garlic oil
- 1 egg yolk
- ¾ tbsp corn flour ( for thickening)

### INSTRUCTIONS

1. Add beef into the rice cooker. Marinate beef with soy sauce, dark soy sauce, fish sauce, oyster sauce, sugar, mayonnaise, garlic oil, mushroom seasoning, corn flour, egg yolk Mix well.
2. Add sliced onion. Mix
3. Add butter, basil, and a splash of water to the rice cooker.
4. Set the rice cooker to White Rice mode and Steam mode for 15 minutes only.
5. Serve with rice on the side.
6. Baby portion: Take out a portion and dilute with some hot water to thin out the seasonings. Pour sauce over rice and add chopped beef . Add 1 tsp of sesame oil for healthy fats if desired.
7. Toddler & adult portions: : enjoy while it's hot.

### NOTES

- Prepare the rice in advance.
- Best enjoyed the same day — the beef tends to get dry and chewy after being refrigerated.



## *Soy sauce Chinese sausage and Eggs (serve with rice)*

 2 adult & 2 small kids servings

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### INGREDIENTS

- 4 precooked Chinese sausages
- 4 eggs (boil for 10 minutes for hard-boiled, or 7 minutes for soft-boiled)
- 1 tbsp cooking syrup (or sugar)
- 2 tbsp soy sauce (adjust to taste depending on the brand's sodium level)
- 1 tbsp mushroom seasoning
- 1 tbsp oyster sauce
- ½ cup water
- 1 tbsp corn flour (for thickening)
- 2 tbsp garlic oil

### INSTRUCTIONS

1. Add all ingredients and seasonings to the rice cooker.
2. Close the lid and cook on regular or steam mode for 10 minutes.
3. Serve with rice.
4. Baby portion: Take out a portion and dilute with some hot water to thin out the seasonings. Pour sauce over rice, add chopped sausage and eggs (only serve hard boiled egg for baby) . Add 1 tsp of sesame oil for healthy fats if desired.
5. Toddler & adult portions: : enjoy while it's hot.

### NOTES

- Leftovers can be stored in the refrigerator for up to 2 days.
- Prepare the rice in advance

# Nutrition Notes:

Here's a quick guide to the main ingredients you'll see in this 30-day plan – so you'll know exactly what goodness you're feeding your family .

- Carrots 🥕 – Packed with vitamin A for healthy eyes and immunity.
- Spinach – A great source of iron for growing bodies.
- Yu Choy 🥬 – A leafy green full of calcium and vitamin C, gentle in flavor and easy for babies to enjoy.
- Broccoli & Cauliflower 🥦 – Full of vitamin C and fiber for digestion.
- Pumpkin & Squash 🎃 – Gentle on tiny tummies and loaded with vitamins A & C.
- Corn 🌽 – Adds natural sweetness and energy-boosting carbs.
- Winter-melon / Chayote 🍈 – Hydrating, light, and soothing for digestion.



# Nutrition Notes:

- Potato 🍠 – Comforting, filling, and rich in potassium for energy and growth.
- Beet – Naturally sweet, high in folate and iron to support blood health.
- Tofu 🍲 – Plant-based protein and calcium for strong bones.
- Salmon 🐟 – Rich in omega-3s for brain and eye development.
- Shrimp & Crab 🍤🦀 – High-quality protein and minerals like zinc for growth.
- Chicken 🍗 – Lean protein to build muscles and keep energy steady.
- Beef 🍖 – A big source of iron and zinc, great for toddlers.
- Eggs 🍳 – Easy-to-digest protein plus healthy fats for brain power.
- Rice & Quinoa 🍚 – Gentle carbs that fuel playtime and growth.
- Mushroom Seasoning 🍄 – Adds umami flavor without relying on salt.



# THANK *You*

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*Thank you for letting me be a small part of your kitchen. I know how busy life can get as a parent, and I hope these simple rice cooker recipes have made mealtimes feel a little easier and less stressful.*

*Just a friendly reminder— this plan isn't meant to be followed perfectly. Think of it as a guide. Swap out veggies based on what's in season, use whatever protein you already have, or repeat the meals your family loves most. Cooking for little ones doesn't have to be exact — it just has to be nourishing, comforting, and doable for you.*

*Most importantly, I hope this 30-day plan gives you not only food on the table, but also more time to enjoy the moments that truly matter — the giggles, the snuggles, and the family memories around the table.*

*From my kitchen to yours, happy cooking 🍷*

*Sincerely,*

*Truc*