



# BATCH COOKING TO SAVE MONEY AND TIME

Batch cooking has long been established as a way to save money through cooking in a more efficient way, but what does it actually mean?

Essentially batch cooking means to cook more food so that it can be stored and consumed at a later date, for example freezing chilli con carne to have on a different day. If we cook double the amount of food required for that mealtime it doesn't cost double to cook. If you don't have time to cook every day, it's a great way to make sure you have healthy meals ready for when you need them.

Batch cooking **allows you to eat healthier, save time on cooking every day, and also allows you to spend less money on Food and Fuel overall.** Although it can be difficult to know how to begin your batch cooking journey, once you get the hang of it, you'll realise it can make your life much easier.

You can continue to meal prep and store your batch-cooked items as leftovers for quick and easy meals throughout the week. Just remember to follow food safety guidance and use refrigerated foods within three to four days. When in doubt, throw it out.

**Freeze meals into individual portions if you cook for mainly one or two people.** Food bags can be handy instead of plastic pots, as you'll be able to fit a lot more in your freezer. Veggie recipes will generally keep longer than meat recipes.

Everyone's batch cooking journey will start in a different place but believe us the journey is well worth taking. Within the Food and Fuel resources and the UKHarvest website there are some of our favourite recipes. Why not try doubling the ingredients and starting your batch cooking journey today!

## **Some of our favourite batch cooking dishes are:**

Chilli (meat or bean)

Curry (any that you choose)

Casseroles or Stews

Soups

Cottage or Shepherd's Pie

Bolognese or Pasta Sauces