TIPS FOR BATCH COOKING

1. **Practice makes perfect.** The more you batch cook, the better you’ll get. Try it out for a week, access what worked and what didn’t, and go from there. It will get easier the more you do it.

2. **Plan accordingly.** Think about how long things will take to prepare. Cooking grains take longer but they are way easier to prep, so you can start cooking your grains and then chop veggies in the meantime. Decide a few ways you can make multiple dishes with the same ingredients, such as multi-way bowls, soups, salads, tacos, chili, etc.

3. **Prepping Tips:**
   1. Wash, dry and chop vegetables; place in airtight, sealed containers.
   2. Chop veggies that are versatile in many dishes, such as bell peppers, mushrooms, and onions.
   3. Soak nuts and seeds if required.
   4. Prepare fruit pastes.
   5. Make a couple of versatile dips or dressings that will last in the refrigerator for a few days.
   6. Freeze grains- portion into 1 or 2 cup portions and freeze in freezer bags or containers.

4. **Make a stir fry.** To prepare, get your vegetables chopped and ready. Then stir-fry COLD rice in a wok with a bit of vegetable stock to avoid sticking. Remove the rice and stir-fry the hardest vegetables. Then add the rice back to the wok, along with the remaining vegetables. Finish with your favorite sauce, and garnish as desired.

5. **Make a salad bar.** Chop up greens, spinach, etc. and add to separate containers. Add veggies, beans, sweet potatoes, veggies, sunflower seeds, etc. Make 2 dressings so you have variety during the week. This is also a great way to use up leftovers.

6. **Stretching Meals**
   1. **Extra brown rice?** Sprinkle on salad.
   2. **Cooked grains?** Add to a tortilla or a wrap, then top with salsa and vegetables for a quick lunch. Add grains to cold salads for added texture, or cooked green lentils to your pasta sauce.
   3. **Cooked beans:** Add to soup or stew.
   4. **Grilled or roasted vegetables:** reheat and add to stir-fries or grain bowls; top with your favorite sauce.
   5. **Freeze grains-** If you don’t finish your beans or grains throughout the week, put them in an airtight freezer container, or bags, and freeze up to 3-6 months. If you need them, they can be quickly thawed.

---

**RECIPE IDEAS FOR BATCH COOKING**

- Tofu Sweet Potato Bowl
- Mexican Black Bean Bulgar Bowl
- Slow Cooker Soy Chorizo Chili
- Super Easy Black Beans & Rice
- Skinny Shiitake Black Bean Burgers
- Cinnamon Almond Date Bites
- Kale Quinoa Salad
- Instant Pot Chipotle Black Beans
- Crushed Lentil Soup
- Chocolate Coconut Energy Bites
- Crispy Sesame Tofu
- Cauliflower Rice Stir Fry Bowl