

Planned Overs

October 2009

We talked about “planned overs” at our meeting Monday evening - those meals that you cook once for two or three meals. Many of our gluten-free meals take pre-planning and often take a bit longer to prepare because we are cooking “from scratch” more often now.

You can cook a quantity of meat, for example chicken or ground chuck, and use one portion for that evening’s dinner, freeze the remainder in meal-size containers and then one major portion of a future dinner’s preparation is already done! Think of things like ground turkey, rice, soups. Foods that can then be prepared quicker are spaghetti, tacos, sloppy joes, and many others.

There are some good cookbooks out there – even those not strictly gluten-free – that offer great ideas. The “Make-A-Mix” and “More Make-A-Mix” are a couple good examples of meals where you can prepare a large batch and then store or freeze the remainder for future use. Also “Once A Month Cooking” has a gluten-free section – it has menus, pantry lists, shopping lists.

Even check out the Food Network (www.foodnetwork.com)! There is a show, “Quick Fix with Robin Miller” – she prepares a larger quantity of food for a meal on Saturday, then using the “extra” that was prepared for other meals throughout the week.

A few people mentioned the zip-lock type vacuum food storage bags for saving space in your freezers when freezing extra portions of meals.