

Batch cooking

Some resources:

<https://www.livekindly.com/vegan-friendly-batch-recipes-to-last-all-week/>

<https://vegnews.com/taste-tests/vegan-recipes-weekend-batch-cooking-meal-prep>

<https://veganfamilykitchen.com/how-to-plan-batch-cooking-session-with-vegan-batch-cooking-recipes/>

breakfast ideas: <https://www.youtube.com/watch?v=Xs6MJoztWhU>

For those who don't like to cook or do not have the time to cook etc, batch cooking and "quick scratch" cooking is an attractive alternative to restaurant "to go" meals or delivery. First thing is decide the frequency with which you can see different but similar meals. Like are you ok having a bean based meal every 3 days? If that is the case, then you could make one or two batch items over a weekend, portion them for future meals and plop them in the fridge or freezer to be used later in the week or month.

Italian is easy to batch cook. You can make a pasta sauce from scratch or get a jar and doctor it up with some additional spices. Just read the labels and make sure there is no meat or dairy/cheese and it is an easy vegan item. Meal #1-spaghetti. Meal #2- Mini-pizza-Kroger or Aldi have the heat and eat pizza crusts (almost all of them are vegan). Then find what vegan cheese you like. You can load your pizza with veggies. If you want plant based meat, Impossible has a new spicy sausage located in the flesh isle in the refrigerated section. It freezes well so you can cook the whole tube and use what you want for the pizza and freeze the rest for something different. If you had spaghetti & meatballs and have leftover meatballs, just crumble the meatballs. Or take a vegan breakfast sausage and cook and crumble it. Bake or put in your air fryer to heat and melt the cheese. Meal #3-Baked spaghetti-if you make extra spaghetti, mix the last bit of your sauce, noodles and cooked plant based meat. Layer in a small baking dish, put some vegan cheese over the top, repeat with a second layer of each. Now you can freeze that and in a week or two you can defrost and bake Meal #4-lasagna.

Same for bean based meals. Make a batch of your favorite chili and then freeze it into portions. You can defrost a portion and make it into a different meal every time. This link has a ton of ideas from enchiladas to biscuit chili boats. <https://www.veganaugusta.com/wp-content/uploads/2023/09/Ways-to-serve-beans.pdf>

Quick-Scratch cooking is more like food assembly. Like buy some frozen falafel and tortillas and make falafel wraps. There are dumplings (near the tofu) that you can pan fry. Make a batch of rice and open a pouch of shelf stable Indian food. Buy a bag of frozen Asian veggies and cook them in some jars of Chinese sauce like Teriyaki or add baked tofu cubes and use General Tso sauce and serve over rice.