Cook Once, Eat Twice
Doing so saves time and provides greater variety in the foods you eat, which means less boredom and more nutrition. Here are some ideas for how to do so:

1. Cook, drain, and freeze ground beef. The crumbled ground beef can be added quickly to casseroles, spaghetti sauce, pizza, or soups.
2. Cook chicken breasts. Boiling them might be the quickest method but you could also bake or grill them. Serve with rice and a vegetable or in a salad. Shredded chicken can be used in quesadillas or burritos.
3. Cook a roast in the oven or slow cooker. Serve with potatoes and carrots, make hot beef sandwiches, barbecue beef sandwiches, or beef and noodles.
4. Roast a turkey. Make a turkey, cheese, and broccoli casserole. Make turkey noodle soup. Prepare turkey sandwiches for lunch or an omelet with turkey and vegetables for breakfast.
5. Make a large batch of rice. Use in rice-based casseroles or fried rice. Make rice pudding. Rice can also be frozen. A small amount of liquid may need to be added when rice is reheated.
6. Cook macaroni for macaroni and cheese one night. Use the extra noodles and add a can of tuna for tuna and noodles. Macaroni should be drained but not rinsed if it will be used immediately. Rinse macaroni if it is to be used cold or if it is to be saved for another meal. Adding 1-2 teaspoons of oil to cooked pasta will help keep it from sticking together.
7. Hard-cooked eggs can be eaten alone, in a salad, or as deviled eggs.
8. Extra baked or boiled potatoes can be cut up and used to make potato salad. They can also be cut into cubes and heated in a skillet with a little butter or margarine and Parmesan cheese. Mashed potatoes can be mixed with cheese, onion flakes, and light sour cream and heated in the oven.

Practice Food Safety When Cooking Once and Eating Twice
• Separate out and quickly refrigerate or freeze the portions to be served for other meals.
• Refrigerate the extra food in shallow containers to cool it quickly. Slices of meat should be piled no deeper than two inches. Loosely cover the food until it is cooled and then cover it tightly.
• Use refrigerated food within 3-4 days. Freeze the extra food for longer storage. Defrost frozen food in the refrigerator or microwave. Cook or eat food immediately if it is defrosted in the microwave.

This article has been adapted from the University of Nebraska-Lincoln Extension
If you are a busy family, a busy, young professional, or work in the field during harvest, or if you would simply like to learn more about how to serve meals more quickly, please join us at our Simple Meals for Busy Families program. This program will be held on Thursday, August 24th at the Family Life Center in Clay Center, KS. The program fee is $10. A meal will be served. Children are welcome. There is a fenced-in playground just off the meeting space and highchairs are available. Please sign up in advance so we have an accurate count when purchasing food, please call the Clay County Extension Office at 785-632-5335. Questions can be directed to Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185.
Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research and Extension is an equal opportunity provider and employer.