

# The Make-Ahead Cook

America's  
TEST KITCHEN

More than 150 kitchen-tested recipes  
you can prepare on your schedule

## 8 Smart Strategies for Dinner Tonight



READY-TO-SERVE ENTREES



MAKE-AHEAD BRAISES



DINNER FROM THE FREEZER



READY-TO-COOK MEALS



1 GROCERY BAG, 3 DINNERS



THE SUNDAY COOK



OVEN-READY CASSEROLES



SLOW-COOKER FAVORITES

# Make Ahead Cook

**Megan Foster**

## Make Ahead Cook:

**The Make-Ahead Cookbook** Lydia Kessler,2014-11 Presents more than 250 recipes for dishes that can be prepared and frozen for later use with a section on meal planning and instructions for defrosting and reheating **Make Ahead Meals**

Michael Smith,2015-09-01 Cooking ahead is not only easy and affordable it s a great way to save time and eat well Life is busy and sometimes it s a challenge to get a healthy home cooked meal on the table Want to avoid the time pressure of cooking from scratch every day Looking for fresh ways to save time in the kitchen and still turn out great tasting meals Michael Smith knows what you are up against and is here to help you keep time on your side in the kitchen Make Ahead Meals is packed with over 100 time saving recipes including soups stews slow cooker favourites casseroles and more that take the stress out of cooking You ll quickly discover it s easy to be a super cook turning out wholesome meals in your own kitchen You ll impress family and friends with make ahead dishes like Potato Bacon Cheddar Skillet Beef Barley Kale Stew Crockpot Chicken Barley and Leeks El Paso Shepherd s Pie Chipotle Chicken Enchiladas Fruit Muffins and Orange Vanilla Pound Cake Inside you ll find lots of recipes with plenty of ways to cook ahead from prepping dishes so you can finish them in minutes when needed to making full meals in advance and freezing them for later Every recipe features ideas and tips on how to cook ahead to save time when you really need it along with specific storage instructions You don t need hours to make great tasting healthy meals Prepping or cooking ahead is the best way to save time and reduce the pressure when you are short on time

**The Make-Ahead Cook** America's Test Kitchen,2007-03-01 The ultimate plan ahead cookbook that delivers on flavor Harried home cooks learned the hard way that the best possible way to maintain their mealtime sanity is to make things ahead This stress saving America s Test Kitchen cookbook collects 150 reliable recipes for make ahead meals including everything from ready to serve entrees to braises to slow cooked specialties to oven ready casseroles and Sunday main meals Another great addition to a popular cookbook series **Make-Ahead Meals**

Jean Paré,2000 Make Ahead Meals provides easy solutions for busy households Bake ahead or freeze for future use **Healthy Make-Ahead Meals** Sheila Candy,2017-07-08 Enjoy Healthier Meals That Are Easy To Grab On The Go Just Waiting For You If you are short on time when it comes to cooking there is the temptation to reach out for what s quick and easy regardless of whether it is healthy or not More often than not it isn t But now you can say goodbye to fattening over processed takeout and unwholesome foods from your grocer s freezer aisle by creating nutritious recipes that can be prepared ahead of time This cookbook has been written to teach you how to eat healthier and reduce stress with convenient and nutrient rich foods for your family The recipes are natural and flavorful and taste as good as the day you stored them Even better You will also be able to save time and money in spite of your busy schedule The Healthy Make Ahead Cookbook offers 100 Healthful And Wholesome Straightforward Recipes Guidance For Stocking Your Freezer Essential Supplies For The Make Ahead Cook Instructions And Helpful Tips For Freezing Storing And Reheating Every Single Recipe And More With this book in your hands you will Enjoy

Quick And Easy Nutritious Home Cooked Meals Every Day Be Warned Though You ll Need a Larger Freezer Afterwards

Make-Ahead Cooking Guide Terina Brackley,2021-06-22 If your weeks start out with good intentions and good healthy meals but quickly devolve into fast food convenience store food or greasy takeout food then you would likely benefit from the meal prepping movement Meal prep involves planning your meals grocery shopping ahead of time cooking and then storing your food for the week including both meals and snacks With consumers and families who are busier than ever meal prepping simply makes it easier to eat well throughout the week That s why it is perfectly suitable for busy people Are you looking for some easy and simple meals that you can prepare ahead and heat whenever you feel hungry This book is all that you need to cook make ahead meals Everyday cooking is simply not the option for busy people You will find a lot of delicious recipes that are made to simplify your life The tastiest soups stews wrap and even desserts will be waiting for you in the freezer at any moment So hurry up and get your copy right now *The Best Make-ahead Recipe* ,2007 A lifesaver for busy families this cookbook presents the recipes tips and techniques to plan and cook ahead whether one is hosting a dinner party or wants to put fresh tasting food on the table every night of the week

Make Ahead Freezer Meals for Slow Cooker Erin Chase,2018-05-25 Freezer to Slow Cooker Meals are the BEST MINDLESS way to do dinner drop them frozen into the slow cooker in the morning and you ve got dinner waiting at the end of the day They are the perfect solution for getting a delicious and healthy meal on the table on busy weeknights With Make Ahead Freezer Meals for the Slow Cooker dinner is even more hands off and hassle free The practicality and simplicity of make ahead freezer meals is undeniable They are cheaper than fast food faster than sitting in the drive thru and the health and nutrition of these meals surpasses the other fast food options out there Freezer meal fanatic Erin Chase of MyFreezEasy brings you a collection of delicious recipes that take minutes to prepare for the freezer AND are hands off when it comes to cooking them She s unlocked the secret to the fastest possible meal at home by combining the convenience of freezer meals with the practicality of quickly pulling together simple delicious ingredients that freeze well and cook well so you end up with an amazing dinner waiting for you when you get home it s a magical methodology that will change the way you operate in the kitchen In her next freezer meals cookbook Make Ahead Freezer Meals for the Slow Cooker Erin brings together her love of budget friendly recipes with freezer friendly ingredients that are prepared quickly for the freezer and cook quickly for scrumptious weeknight dinner These recipes included in this cookbook will help you spend less time in the kitchen and more time doing what you love They will help you eat healthier and save money on groceries too Make Ahead Freezer Meals for the Slow Cooker includes 65 healthy stress free recipes made with wholesome ingredients that cook well in the electric pressure cooker 2 weeks worth of Freezer to Slow Cooker Meals cooking plans with recipes shopping lists and freezer meal prep instructions Budget friendly ingredients that you probably already have in your pantry and fridge Load up your freezer with the simplest and easiest meals including recipes like Slow Cooker Creamy Ranch Chicken Slow Cooker Mongolian Beef Slow Cooker Creamy Taco Soup Slow Cooker Ginger Peach

Pork Chops Slow Cooker Lemon Dill Salmon and so many more freezer to slow cooker weeknight meals     **Make Ahead Meals** Cassandra Cyr,2013-06-12 This book is a start to finish guide for Make Ahead Meals otherwise known as freezer or batch cooking This is an amazing concept that will save money time and your sanity By making meals in advance your family will dine on healthy dishes while you enjoy the luxury of choosing when to cook based on your own schedule This book introduces you to the concept of Make Ahead Meals and goes over all the great benefits for your family including saving time and money without sacrificing the quality of your food There are a multitude of ideas for getting started with freezer cooking including what supplies you will need and how to keep track of your meal inventory This book guides you on how to make and serve dinner efficiently and teaches you the best ways to maximize your time Also included are three different concepts for Make Ahead Meal cooking sessions and printable inventory tracking sheets grocery shopping lists and meal label templates Once you're an expert in Make Ahead Meals you will have over 50 delicious and healthy recipes to choose from to get started You won't see any store bought sauces condensed soup or processed foods in this cookbook all the recipes use whole foods so you know exactly what you are feeding your family A few of these mouthwatering recipes include Stuffed Flank Steak with Mushrooms and Red Peppers Eggplant Caponata Roll Ups and Pancetta and Sage Pork Cutlets Each recipe lists the calorie content per serving and also recommends other recipes in the book that share ingredients so you can make the most of your dollar by cooking similar meals in the same cooking session In addition to a wide variety of dinner recipes there are also chapters for vegetarian meals breakfast dessert and sides condiments The recipes included in this cookbook range from kitchen basics such as Classic Meatloaf with a Tangy Ketchup Glaze to unique and flavorful recipes from all around the world such as the Ginger Tempeh Soup with Ramen and Bok Choy Whether you want recipes for a Mother's Day brunch fancy dinner party or a quick family supper Make Ahead Meals has you covered     *Fix-It and Forget-It Slow Cooker Freezer Meals* Hope Comerford,2019-01-15 Make ahead recipes you can freeze and then pop in your slow cooker for the easiest dinners ever Imagine not having to think about what to make for dinner not having to stop at the store for supplies not even having to wake up extra early to prep everything for the slow cooker Doesn't that sound nice If you can set aside one afternoon a month to prep meals this dream could be your reality In this book you'll find twelve recipes for every month plus a handful of extras complete with a shopping list to make your job even simpler For twelve dinners every month all you'll have to do is grab the meal from the freezer pour it in the slow cooker and hit start What about the other nights Don't worry you'll have leftovers Or you can prep some extra recipes from one of the other months Hope Comerford has selected the best freezer meals from home cooks across the country and can't wait to share them with you She'll also give you tips on how to store the meals in your freezer and what size slow cooker to purchase and suggestions for easy prep and cleanup Find delicious family friendly recipes such as Honey Baked Chicken Cider Beef Stew White Bean Chili Maple Glazed Turkey Breast Harvest Pot Roast And many more     **Good Housekeeping Easy Meal Prep** Good Housekeeping,2021-03-02 Meal prep is as easy as 1

23 Good Housekeeping's 100 make ahead recipes are quick, healthy, and delicious and will transform your weeknight meals. Want to sit down to incredibly tasty, nutritious homecooked meals every single day? Who doesn't? But who has the time? Now you do with this meal planning guide and cookbook that will help you get yummy dishes on the table in minutes. Whatever your goal eat better, spend less, and waste less. Get out of a dinner rut, some simple meal prep can make it reality. From batch cooking and freeze ahead meals to ready to serve dinners and grab and go breakfasts and lunches, Good Housekeeping Easy Meal Prep includes Over 100 easy recipes like Crispy Caprese Cakes, Citrusy Shredded Pork, and Mustard Crusted Mini Meatloaves, all developed and approved by the Good Housekeeping Test Kitchen. Meal plans that give you 4 weeks worth of ideas they're customizable to suit your family's size and tastes. At a glance cooking charts for whipping up staples to use all week. Recipe ideas that allow you to cook once, eat twice, and halve your time spent cooking. Packed with cooking and storage tips and brimming with delicious recipes, Good Housekeeping Easy Meal Prep makes weeknight dinners nearly effortless.

**The Make-ahead Kitchen** Annalise Thomas, 2016 Skip the hassle of last minute meals and leftovers and replace them with simple, healthy, delicious, and easy to prepare make ahead dishes. Your family will love these comfortable meals, new favorites, cozy drinks, and tantalizing desserts, all of them prepared ahead of time so you don't have to worry. Enjoy simple, soul-filling foods without the chaos of preparing them at the last minute.

**Make-Ahead Meals** Victoria Shearer, 2014-05-14 Cook when you can, enjoy when you want. This inspirational cookbook acts as a guide for playing it forward in the kitchen. Make Ahead Meals shows you how with some advance preparation during your free minutes to create delicious magic more than one hundred tasty dishes that you can cook and serve at a moment's notice with a minimum of effort. Some recipes you can assemble early in the day or the night before and refrigerate until cooking. Other dishes once prepared will keep in the refrigerator for days, allowing you the flexibility of choosing when and where to serve them. You can prepare many of the recipes a month or more in advance and store them in the freezer until that unexpected company rings the doorbell. From soups, snacks, and drinks to main course meals, tasty sides, decadent desserts, and special sauces, salsas, and condiments, Make Ahead Meals invites you to make the most of your precious time.

**Make Ahead Recipes That You Can't Do Away With** Megan Foster, 2022-11-02 If you have ever had anyone suggest take outs to you each time you complained of being hungry after a hard day's work, I am here to tell you that you don't need such person in your space. Regardless of how tedious your job, career, or business is, ordering take out should be your very last resort for a lot of reasons. First off, when you order take out, you subject yourself and your diet to the mercies of foods that you are not sure of how they are prepared. Also, if you are being sincere with yourself, you will agree with me that when you order food outside, you spend more money than when you cook at home. Of course, when you order take out, you stop wanting to cook. And if care is not taken, you might forget how to cook. Lastly, ordering take outs exposes you to the risk of strangers knowing you and where you live. This is not to scare you, but ordering take outs would have you exposing yourself to different delivery people who might end up becoming sociopaths.

or psychopaths All of these can be avoided if you pick a copy of this recipe book In this book you d find challenging make ahead meals that you can cook and store for a long time Get a copy of the recipe book immediately **The Complete Make-Ahead Cookbook** America's Test Kitchen,2017-07-11 An impressive collection of 500 recipes at your fingertips Make the recipe all at once if you have time or use the accompanying suggestions on what parts are best to make ahead separately if you re short on time that day Every recipe has been tested thoroughly on what s best to make when and how to store it to give your results a just made flavor Included in this compendium of new recipes are a few fan favorites that have been thoroughly re tested and adjusted for the best results if you need to make a component in advance You ll find classic international and modern flavors with recipes such as Breakfast Strata Mini Chicken Empanadas Olive Oil Sea Salt Pita Chips Chickpea Cakes Cauliflower Gratin Stuffed Eggplant Mexican Lasagna with Turkey Tequila Lime Turkey Chili Moroccan Chicken Salad Beef Tamale Pie Smoked Salmon and Leek Tarts Blueberry Streusel Bars Maple Pecan Pie Flourless Chocolate Cake and Bourbon Whipped Cream In addition you ll find information basics for refrigerator and freezer storage how to freeze egg yolks and egg whites properly and the ultimate guide to storage containers all to help give you the best tasting results

**The Ultimate Make-Ahead Cookbook** JoAnne Watkinson,2019-12-10 Make ahead cookbook meals just got freezer friendly now even more convenient Make ahead cookbook meals let you spend more time with your family and less time cooking The Ultimate Make Ahead Cookbook gives you delicious recipes for amazing meals that freeze well so you can make them when you have time and eat them when you don t Just an hour or two with this make ahead cookbook is all you need to prepare an entire week s worth of fresh homemade meals that your family will love Two different techniques show you how to save time and money by creating several meals all at once The batch cooking method takes just an extra 15 minutes to make four meals instead of one while the prep now cook later method is a super simple way to get a whole week s worth of meals into the freezer This make ahead cookbook includes Ready fast You ll always be just a few minutes away from a delicious meal with 125 tasty recipes like Chicken Enchilada Casserole and Sweet Thai Chili Sausages Planned ahead Complete meal plans give you step by step instructions to prepare mouthwatering meals for a weekend with company or big family feasts Cook for everyone Color coded labels make it a snap to choose recipes for dietary restrictions and easy to read nutritional info means you know exactly what you re preparing Start prepping today and have a freezer full of ready to go meals whenever you want them with this make ahead cookbook

**The Make Ahead Recipe Book** Anthony Boundy,2019-05-16 In today s fast paced and busy world trying to find time to make delicious meals for you and your family can be a difficult task Because of this many people opt to purchase costly prepackaged meals or run through the drive thru of a fast food joint While those two options can save you time they are generally bad for the overall health of your family and can take a big bite out of your budget So what is a busy person supposed to do Utilize meals that you make ahead of time of course And this book will show you how The Make Ahead Recipe Book Save Time Money and Energy with these Easy and

Delicious Make Ahead Meals shows you how to create 25 easy and delicious recipes that you prepare beforehand and then freeze or refrigerate until ready to heat Inside this make ahead cookbook you will find 25 delicious recipes that are designed to be prepped days in advanced to save you time and energy Every recipe that you ll find inside the pages of this book has been tested for accuracy includes a complete ingredient list serving size and cooking time and is written in a simple step by step manner that is easy to follow The recipes range from breakfast both on the go and more elaborate dishes lunches perfect for all ages and dinners that will please even the pickiest of eaters You will also find several dump meal recipes for your crockpot which lets you prepare all the ingredients in a freezer bag ahead of time so when you re ready to cook you just dump the contents of the bag into the crockpot and be done with it So what are you waiting for Start reading The Make Ahead Recipe Book Save Time Money and Energy with these Easy and Delicious Make Ahead Meals today [Better Homes and Gardens New Cook Book](#) Better Homes and Gardens,2006 Completely revised and updated with a fresh new design More than 1 400 recipes tested and perfected in the Better Homes and Gardens Test Kitchen including 400 quick and easy ones All new 20 Minute chapter which includes more than 45 fast meal solutions More recipes on your favorite topics Cookies Desserts Grilling and Slow Cooker Plus the Grilling chapter now features recipes for the turkey fryer and more recipes for the smoke cooker At a glance icons identify Easy Fast Low Fat Fat Free Whole Grain Vegetarian and Favorite recipes Simple menu ideas featured in every main dish chapter Updated Cooking Basics chapter includes need to know kitchen survival advice including food safety make ahead cooking must have timesaving kitchen gadgets and emergency substitution charts Essential need to know information now conveniently located at the front of each chapter for easy reference helps ensure cooking success More than 800 full color photos of finished dishes how to demonstrations and food IDs Hundreds of hints and tips plus easy to read cooking charts Bonus Material Exclusive to cookbook buyers an online menu component offers hundreds of menu ideas and more than 75 bonus recipes **Skinnytaste Meal Prep** Gina Homolka,2020-09-15 NEW YORK TIMES BESTSELLER Save time money and calories with 1 New York Times bestselling author Gina Homolka s simple smart solutions for healthy freezer meals ready to serve dishes grab and go breakfasts and lunches ingenious planned overs and more NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY BON APP TIT Whether you re looking to lose weight or just eat a little healthier meal prepping and cooking in advance helps you stay on track with your diet saves time on busy weeknights and is great for your budget Skinnytaste Meal Prep delivers more than 120 healthy diverse recipes that turn simple easy to find ingredients into flavor packed meals and snacks you ll have ready at your fingertips for the week ahead and beyond Gina utilizes a number of brilliant time saving strategies including recipes to prep ahead so they can go straight from the freezer your kitchen s secret weapon to the Instant Pot slow cooker or oven to finish cooking along with dishes that are completely made ahead and easily reheated With these flexible techniques you ll have meals on hand months in advance ready whenever the need arises with no further shopping or cooking required Imagine stress free mornings when you can

enjoy Lemon Blueberry Sheet Pan Pancakes for breakfast and just grab a DIY Chicken Taco Kit for lunch on your way out the door no more unhealthful drive thru breakfast sandwiches or expensive takeout Healthy bites like Pumpkin Hummus and Everything Nuts will fuel you through the afternoon For no prep effortless dinners Roasted Vegetable Lasagna Moussaka Makeover and Greek Chicken Pilaf Bowls will make the entire family happy and satisfied With Skinnytaste Meal Prep cooking smarter and eating healthier just got a whole lot simpler *Cook Once Eat All Week Recipes* Allie Allen, 2020-10-10 Is your life already too much busy I know just how you feel It's the way I feel most every day There are so many things we need to do and too little time to do them all Do you want to try making meals ahead of time and popping them in the oven or microwave when it's almost meal time each day during the week How easy is it to take a Saturday or Sunday morning or afternoon to prepare all the various meals you'll need for the week ahead so they're ready to heat and eat Whether you're a stay at home parent or one that works away from home or even if you're not a parent you probably are always re evaluating what's important and trying to find a balance The dishes in this cookbook are easy to put together Some are cooked before freezing and some are frozen as ingredients requiring a bit more time to heat reheat Nearly all kinds of foods can actually be used in these meals so it's not that difficult to wonderfully prepare and freeze them ahead of time in one morning or afternoon of a weekend You need fewer things on your to do list Try making your meals ahead of time and see how it frees up time you can spend with your family instead of at the stove

## Whispering the Strategies of Language: An Emotional Quest through **Make Ahead Cook**

In a digitally-driven earth wherever displays reign great and immediate conversation drowns out the subtleties of language, the profound strategies and emotional nuances hidden within phrases frequently move unheard. Yet, nestled within the pages of **Make Ahead Cook** a interesting fictional prize sporting with raw feelings, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, this wonderful opus invites visitors on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very cloth of every word. Within the emotional depths of this touching evaluation, we shall embark upon a sincere exploration of the book is core styles, dissect their captivating writing fashion, and yield to the strong resonance it evokes deep within the recesses of readers hearts.

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### **Make Ahead Cook Introduction**

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