

# Cook Once, Eat Twice

Cook once, eat twice! How does it work? Plan meals based around a food prepared in larger amounts for use in a recipe one day and an entirely different recipe within the next day or two.



## 4 Advantages to Cooking Once and Eating Twice

1. Saves time when planning meals.
2. Larger quantities of food may cost less than individual or small quantities.
3. Foods may taste better as a new dish than they do as leftovers.
4. It provides greater variety in the foods that you eat, which means less boredom with food and more nutrition.

## 12 Ideas for Cooking Once and Eating Twice

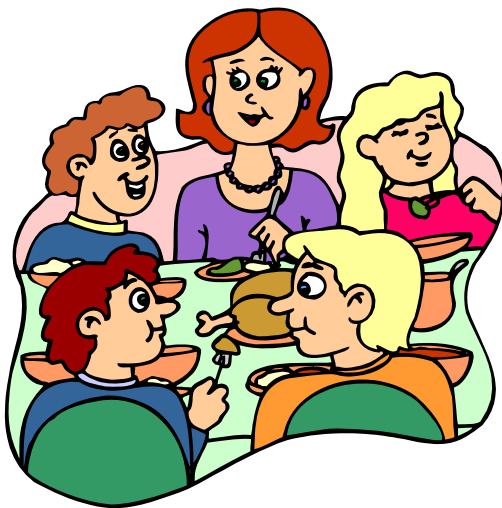
1. Cook, drain, and **freeze** ground beef. The crumbled ground beef can be added quickly to casseroles, spaghetti sauce, pizza or soups.
2. Grill or broil chicken breasts. Serve with rice and a vegetable or in a salad.
3. Cook a roast in the oven or slow cooker. Serve with potatoes and carrots, make 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, on a chef 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.

**Know how. Know now.**

9. Peaches can be served as a topping over ice cream or made into a cobbler or crisp.
10. Apples can be used in a salad with grapes. They can also be made into apple dumplings, apple crisp, or frozen as an unbaked apple pie.
11. Hamburger buns or hotdog buns can be made into garlic bread or croutons for salads or soups.
12. 100% juice can be served as an appetizer with a meal. It can be frozen as a popsicle or used as part of the water in a gelatin type salad.

### **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 one to two 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.



### **Successful Ways to Use Food that is Cooked Once and Eaten Twice**

- Plan meals at least one week in advance.
- Use store ads to know what foods are in season or on sale.
- Plan food preparation when you have extra time available, such as on weekends or in the evenings after the kids are asleep.
- Make twice as much food as you need and freeze half to use in another meal.

Sources: Cook It Quick! Alice Henneman, University of Nebraska–Lincoln Extension in Lancaster County  
How do you do Dinner?, Montana Cooperative Extension