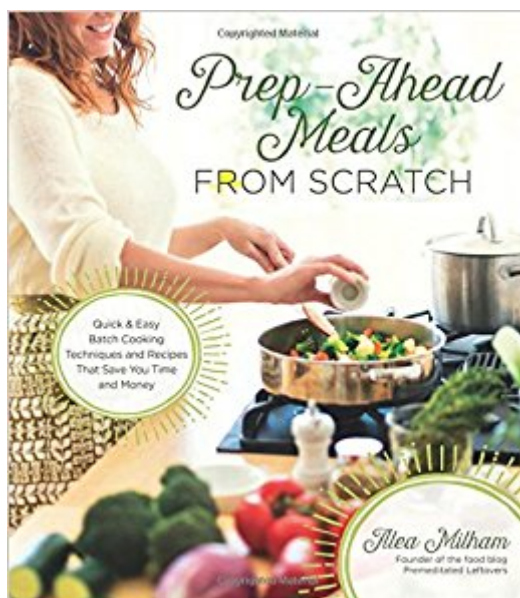


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Prep-Ahead Meals From Scratch: Quick & Easy Batch Cooking Techniques And Recipes That Save You Time And Money



Synopsis

A Better Way to Cook Ahead Families are busier now more than ever, and nobody understands that better than busy mom and food blogger Alea Milham. With Prep-Ahead Meals from Scratch, she brings a unique batch cooking concept that will streamline weeknight family meals like never before. She shows you how to use simple prep-ahead techniques to stock your refrigerator with precooked ingredients that can be combined with fresh produce to easily create wholesome meals. Leave prepackaged foods and take-out behind as you learn the many easy ways to cook ahead from scratch to save time and money during the busy week. Alea breaks down the classics into convenient weeknight dinners using fewer ingredients and smarter techniques. Batch-cooked chicken and homemade spaghetti sauce are combined to create a hearty Chicken Parmesan Pasta Bake that comes together quickly. Batch-cooked beef strips and precooked peppers and onions are used to make Philly Cheesesteak Quesadillas. Batch-cooked meatballs are coated in a Mongolian Beef sauce and served over precooked rice for a delicious dinner in minutes. Learn multiple methods for batch cooking your favorite meats, beans and rice to use in simple-to-assemble recipes your whole family will enjoy. By prepping ahead, dinner was never so easy!

Book Information

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Customer Reviews

• Alea Milham has pulled together an amazing resource for every home chef. Not only is this book filled with mouthwatering recipes, it's organized in such a way to teach and inspire you to save a ton of time in the kitchen and money at the grocery store. • Erin Chase, 5DollarDinners.com, author of THE \$5 DINNER MOM cookbook series • Alea has hit a homerun with this cookbook! There are

so many things I love about it: simplicity, readability, affordability and practicality of recipe, vibrant photos. You bet this cookbook will be in my library!

- Ally Phillips, allyskitchen.com, author of *ALLY'S KITCHEN: A PASSPORT FOR ADVENTUROUS PALATES*
- Alea takes the hard part out of cooking with her book, *Prep-Ahead Meals From Scratch*. She provides the details and tools needed to stay on top of cooking and provides nutritious and affordable meals for the whole family.
- Kristy Still, MommyHatesCooking.com
- I have to be practical when feeding my large family and Alea is the pro of practical! This book is now my go-to resource for crowd-pleasing meals for our variety of palates!
- Tricia Hodges, Hodgepodge.com, author of the *YOU ARE AN ARTIST* art curriculum

Alea Milham is the founder of popular food and frugal-living blog *Premeditated Leftovers*. She has been featured on blogs including *5 Dollar Dinners*, *All Free Casserole Recipes*, *Food Allergies on a Budget*, *Gluten Free Easily*, *All Gluten-Free Desserts* and more. Alea lives in Reno, Nevada.

I have several make ahead and freeze cookbooks and they are all pretty much the same. But not this one! This is not your average prep ahead book for frozen or crockpot meals. I like the batch cooking techniques in this book and the use of fresh ingredients. There are many pictures in the book so you know what to expect. The recipes are straight forward with easy directions and easily located ingredients. There is a section in the book that even tells how to make some of the seasoning blends, etc. that she uses. This is going to be one of my new favorite books. Many of the recipes will work well for summertime eating too. Tonight I made Southwest three-bean salad and it is delicious! Many of the recipes that contain meat could easily be adapted for a vegetarian meal.

If you ever want to learn how to feed your family efficiently and affordably with amazing food, this is the cookbook for you. Alea brings not only amazing mouth watering recipes, but she shows you how to batch cook several commonly used foods to make your weeknight meal prep much easier. This creates a system of preparation that allows you not only more time with your family, but often much more money in your grocery budget. Batch cooking gives you simple ways to cook large quantities of items like chicken, pork, beef, dry beans and rice. This means when you find a great sale on something, you can grab several weeks or even months worth at a great price, then go home to batch cook it using the easy methods Alea shares in this cookbook. Once you have a freezer stocked with simple and delicious batch cooked ingredients, you can dive into her cookbook for amazing recipes everyone will love. From the homemade pizzas to casseroles and soups, she

brings classic flavors and fun new twists to meals that everyone, even your pickiest eater, will love. Prep Ahead Meals from Scratch is a true kitchen revolution in your hands. You'll find yourself enjoying more time in the evenings with your family and less time slaving over a stove wondering what to prepare for dinner. Her stuffed sweet potatoes have fast become a family favorite in our house for not only amazing flavor but being so fast and easy to prepare!

I was excited to see this book come out. As a busy mom who still wants to put good meals on the table, Prep-Ahead Meals from Scratch is great for helping me get new dishes on the table that my family enjoys and easily prep several meals at once. It's practical and helpful for the everyday home cook and well worth the money.

If you're looking for a cookbook for real people, here it is! Alea Milham does an incredible job showing how fun and simple cooking can really be. Even if you consider yourself a newbie in the kitchen, or even if you love to cook but don't think you have the time, this book is filled with options that are creative, convenient, and of course delicious. Alea did a beautiful job choosing a selection of recipes that are perfect for families or even if cooking for one. These selections are budget friendly, and ones that are sure to become family favorites! Usually when I go through a cookbook I find 3-4 recipes I can make, but in this book I can't decide what to make first. The easy to follow directions and gorgeous photos make this a book that is a pleasure to read and use. Thank you Alea!

I work very long hours, and often prepare dinners for my children - I don't have much time to put a good meal together. I bought this book based on other reviews that indicated it was tailored to my situation. It exceeded my expectation. It is tailored to preparing a week's worth of meals, or more, in a day - really quickly. You mass-prepare the basic parts of the meal, freeze them in one-night portions, and then follow the recipes for preparing unique dinners each night. The recipes are very easy. I further selected this book because it offered gluten-free alternatives for all the recipes. Excellent book.

I got this book from the library and loved it so much that I had to buy it. The BBQ sauce is very good as is the seasoned salt. There are several other recipes that I have bookmarked to try.

Quick shipping and love the recipes! Thanks.

Easy to read, great photos, concise! I love it and have purchased several copies as gifts...I intend to purchase more. It is a favorite and I highly recommend this cookbook.

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