

General Tips

There are so many great ways to save, or reduce, cooking time *without* compromising flavor and texture.

Soups and Stews

“Think about the flavor profile of the recipe.” Canned tomatoes come in so many flavors - Italian, Mexican, southwestern - which cuts back on your need to add lots of seasonings.

If you do use frozen veggies in a soup or stew, consider cutting back on the recipe’s liquid just a little bit since the vegetables thaw and add some extra water. Or just increase your seasonings a touch. Frozen vegetable mixes often come with seasoning packets like Japanese or Chinese.

Buy frozen chopped vegetables if you plan on pureeing the soup since it won’t matter if your broccoli was a big mush in the first place.

And definitely use frozen veggies in slow cooker recipes since you’re expecting your ingredients to be nice and tender. Plus, you’ll save time since your food cooks without you even having to be home.

Look for pour-able broth in cartons. There’s no need for a can-opener, and you’ll always have some handy in the fridge.

Baked Meals (Lasagna, Frittatas, Casseroles)

Use uncooked regular noodles in lasagna; just make sure they are completely covered by sauce when baking; there’s no need to boil them first.

You’re expecting vegetables to be soft in these kinds of recipes so buying already diced or chopped frozen vegetables makes a lot of sense. Frozen chopped onions and peppers are favorites.

Consider low-fat chicken sausages. They’re typically precooked so you just need to slice and toss them in for instant flavor. If you’re using