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

Alea Milham

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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!

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