

TOP TEN TIPS TO CREATE EASE IN THE KITCHEN- POST

1. Shop for the pantry...not the recipe.
2. Pre-plan and prepare your meals.
3. Freeze pre-made meals.
4. Buy extra inexpensive vegetables and freeze them.
5. Cut and cube meats and freeze them.
6. Optimize your time in the kitchen.
7. Don't over-cook...and overcook your meals.
8. Prepare meals using foods with the shortest shelf-life first.
9. Be excited about your family meals.
10. Fast scratch.