

# Batch Cooking



Batch cooking refers to cooking in large quantities and storing portions for later, usually through freezing. Batch cooking can save time and money, as well as help with healthy meal planning: after a busy day, you're less likely to order take-out if you can heat up homemade vegetable lasagna instead!

## Scale up

Most recipes can be made in larger quantities by simply scaling up the amounts of each ingredient. Keep in mind, a larger dish requires longer baking time - or you can use several small dishes to save time in the oven.

## Portioning

Whatever you're cooking, divide into individual portions, and then let it cool completely before wrapping and freezing.



## Storing/Freezing

Individual portions should be wrapped tightly in plastic, sealed in plastic freezer bags, or stored in freezer-safe containers with as little air as possible.

Remember to label each package! Most foods can be kept in the freezer for 3 to 6 months.

## Vegetable Lasagna

Serves: 6-8      Total Time: 1 hour

### Ingredients:

- 1 (28 oz) jar pasta sauce
- 1 box (8 oz) no-boil lasagna noodles
- 15 oz ricotta cheese or drained soft tofu, mashed
- 3 cups lightly steamed vegetables, chopped (any kind)
- 8 oz mozzarella cheese, grated

### Directions:

1. Preheat oven to 350°F.
2. Spread a thin layer of sauce on the bottom of a 9"x13" casserole pan. Cover with a single layer of noodles.
3. Place ricotta in a bowl and add about ¼ cup of water, stirring until blended.
4. Spread ⅓ of this mixture over the pasta (you can use a spatula or the back of a spoon), followed by ⅓ of the remaining pasta sauce, and ⅓ of the vegetables.
5. Sprinkle ⅓ of the mozzarella over the veggies. Repeat with remaining ingredients. Cover and bake until the noodles are tender and sauce is bubbling (35 to 40 minutes). Remove cover and bake 5 minutes more, until cheese starts to become golden.
6. Remove from oven and let cool completely. Cut into squares and individually wrap tightly in plastic, or place in airtight containers. Label and store in the freezer for up to 3 months.

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spoonfuls  
a food rescue

