

Delicious and Practical Meal Prep Recipes for Everyday Cooking

Korean-Style Ground Beef

Korean ground beef is a bold and savory stir-fry that delivers rich flavor with minimal ingredients. The green onions add freshness and a subtle touch that elevates the dish beautifully.

Serves 4 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

For the sauce

- ¼ cup soy sauce
- 1 tablespoon honey
- 1 teaspoon cornstarch
- ½ teaspoon red pepper flakes

For the beef

- 2 tablespoons canola oil
- 1 pound lean ground beef
- 1 tablespoon fresh ginger root, minced
- 1 tablespoon garlic, minced
- 1 tablespoon sesame oil, toasted
- ¼ cups green onions greens, thinly sliced
- 1 teaspoon white sesame seeds

Directions

1. To make the sauce, add all sauce ingredients into a small bowl and whisk until well combined. Set aside.
2. Add canola oil to a large skillet over medium-high heat.
3. Cook the beef for about 6-7 minutes, stirring frequently. Remove excess grease, if desired.
4. Add the ginger and garlic and cook for about 1 minute.
5. Add the sauce and cook for about 2 minutes.
6. Add the sesame oil and remove from heat.
7. Serve with a garnish of green onion greens and sesame seeds.

For Meal Prep

Let the ground beef mixture cool completely before transferring to an airtight container. Cover and refrigerate for up to 5 days.

This Korean ground beef can be stored frozen in a freezer-friendly airtight container or resealable freezer bag for up to 4 months. Thaw completely overnight in the refrigerator before reheating.

To Reheat

Reheat in the microwave before serving or in a saucepan over medium-low heat. Add 1-2 tablespoons of water to the meat if reheating on the stovetop and let the water evaporate completely, about 10-15 minutes or until warmed through.

Nutrition (per serving)

Calories 373, fat 27 g, carbs 8 g, sugar 4 g,
Protein 23 g, sodium 655 mg

Chicken with Rice

Seasoned just right and cooked with herbed rice, this dish is the definition of comfort food made easy. Great for meal prep, it's budget-conscious and full of flavor. It's perfect for busy weekdays or lazy weekends.

Serves 4 | Prep. time 15 minutes | Cooking time 40 minutes

Ingredients

- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 2 teaspoons paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon powdered black pepper
- 4 (5-ounce) boneless and skinless chicken thighs
- 2 tablespoons canola oil, divided
- 1 yellow onion, sliced
- 1 cup long-grain white rice, rinsed
- 1¾ cups vegetable broth
- 1 tablespoon fresh parsley, sliced

Directions

1. Put the dried herbs, spices, salt, and pepper into a small bowl and mix well.
2. Coat the chicken thighs with the spice mixture.
3. Heat 1 tablespoon of oil in a deep skillet over medium heat.
4. Cook the chicken thighs for about 2-3 minutes per side.
5. Transfer the chicken thighs onto a plate.
6. Heat the remaining oil in the same skillet over medium-low heat.
7. Cook the onion for about 5-7 minutes.
8. Add rice and cook for about 1-2 minutes.
9. Add broth and cooked chicken and mix well.
10. Cover the skillet and adjust the heat to medium-high.
11. Cook the mixture until it begins to boil.
12. Adjust the heat to low.
13. Cook with the cover for about 20 minutes, stirring from time to time.
14. Turn off the heat and let it rest with the cover for about 5 minutes.
15. Remove the lid, and with a fork, fluff the rice.
16. Garnish with parsley and serve warm.

For Meal Prep

Transfer the chicken and rice mixture into a baking dish and set aside to cool completely. Cover and refrigerate for up to 4 days.

Alternatively, the shepherd's pie can be frozen. Make sure the baking dish is freezer-friendly. Wrap tightly with plastic wrap and wrap again with heavy-duty foil. Label the container with the date and place it flat in the freezer. It will keep fresh in the freezer for up to 2 months.

To Reheat

If frozen, let it thaw completely overnight in the fridge before reheating it in the microwave or the oven at 350°F (177°C) for 15-20 minutes or until warm through.

Nutrition (per serving)

Calories 422, fat 14 g, carbs 43 g, sugar 1 g,
Protein 33 g, sodium 690 mg

Sweet and Spicy Pork Chops

With a kick of cayenne and a kiss of brown sugar, these pork chops are the perfect combo of sweet, spicy, and totally satisfying. Cook up a batch for the week and enjoy flavorful, fuss-free meals that reheat beautifully.

Serves 4 | Prep. time 10 minutes | Cooking time 20 minutes

Ingredients

- ¼ cup brown sugar
- ½ teaspoon cayenne pepper powder
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon powdered black pepper
- 4 thick-cut boneless pork chops
- 2 tablespoons olive oil

Directions

1. Preheat the oven to 350°F (177°C).
2. Add the brown sugar, spices, salt, pepper, and olive oil into a large bowl and mix well.
3. Coat the pork chops with sugar mixture generously.
4. Heat oil in a large, oven-safe skillet over medium heat.
5. Cook the pork chops for about 5 minutes per side.
6. Immediately transfer the skillet into the oven.
7. Bake for about 5-10 minutes.
8. Serve warm.

For Meal Prep

Let the pork chops cool completely before transferring them to an airtight container. Cover and refrigerate for up to 4 days.

Alternatively, the pork chops can be frozen. Transfer to an airtight container, label it with the date, and place it in the freezer. It will keep fresh in the freezer for up to 3 months.

To Reheat

If frozen, let it thaw completely overnight in the fridge before reheating it in the microwave or on a baking sheet in the oven at 350°F (177°C) for 15-20 minutes or until warm through.

Nutrition (per serving)

Calories 326, fat 17 g, carbs 14 g, sugar 18 g,
Protein 29 g, sodium 360 mg

Shrimp and Tomato Pasta

This recipe is the kind of dish that tastes like summer in a bowl, with fresh herbs, sweet tomatoes, and a little heat to keep things interesting. Make it ahead and enjoy a light yet satisfying lunch or dinner any day of the week.

Serves 4 | Prep. time 15 minutes | Cooking time 15 minutes

Ingredients

- 8 ounces fettuccine, cooked according to package instructions
- 2 tablespoons olive oil
- 1 tablespoon unsalted butter
- ½ pound shrimp, peeled and deveined
- 4 garlic cloves, minced
- 1 (15-ounce) can diced tomatoes with juice
- ¼ teaspoon red pepper flakes
- ¼ teaspoon salt
- Powdered black pepper, as desired
- 2-3 tablespoons fresh parsley, sliced

Directions

1. Heat oil with butter in a large skillet over medium heat.
2. Cook the shrimp and garlic for about 3-5 minutes.
3. With a slotted spoon, transfer the shrimp to a plate.
4. Add the tomatoes to the skillet with the red pepper flakes, salt, and pepper over medium heat.
5. Cook for about 5 minutes.
6. Add the cooked pasta to the skillet and mix well.
7. Add the cooked shrimp and mix well.
8. Serve warm with a garnish of parsley.

For Meal Prep

Let the shrimp mixture cool completely before transferring to an airtight container. Cover and refrigerate for up to 5 days.

This pasta dish can also be stored in freezer-friendly containers or freezer bags. It will keep fresh for up to 2 months.

To Reheat

Reheat in the microwave or stovetop. If frozen, let it thaw completely overnight in the fridge before reheating it in the microwave or in a saucepan over medium-low heat for about 10-12 minutes. Add water if needed to prevent the sauce from drying up and to adjust the consistency of the sauce. Stir frequently.

Nutrition (per serving)

Calories 378, fat 12 g, carbs 47 g, sugar 6 g,
Protein 22 g, sodium 516 mg

Lentil Bolognese

This plant-based bolognese swaps meat for red lentils and walnuts, simmered in a rich, garlicky tomato sauce with just a hint of heat. It's filling, flavorful, and the perfect make-ahead sauce for pasta night.

Serves 4 | Prep. time 15 minutes | Cooking time 45 minutes

Ingredients

- 2 tablespoons olive oil
- 1 carrot, peeled and diced thin
- 1 yellow onion, sliced
- 1 celery stalk, sliced
- ½ cup walnuts, finely sliced
- 4 garlic cloves, minced
- ¼ teaspoon red pepper flakes
- 1 cup uncooked lentils, rinsed
- 1 (15-ounce) can crushed tomatoes
- 3 tablespoons tomato paste
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 tablespoon white sugar
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon powdered black pepper
- 3 cups vegetable broth
- ½ cup full-fat coconut milk

Directions

1. Heat oil in a large Dutch oven over medium heat.
2. Cook the carrot, onion, and celery for about 6-8 minutes.
3. Add walnuts, garlic, and red pepper flakes, and cook for about 2 minutes.
4. Add the remaining ingredients except for the coconut milk and adjust the heat to high.
5. Cook the mixture until it begins to boil. Adjust the heat to low.
6. Cook with the cover for about 20-25 minutes, stirring from time to time.
7. Add coconut milk, and cook for about 5 minutes.
8. Serve warm.

For Meal Prep

Let the lentil mixture cool and transfer it to an airtight container. Cover and refrigerate for up to 5 days.

Alternatively, the lentil bolognese can be frozen. Transfer the cooled lentil dish to a freezer-safe airtight container or resealable freezer bag. Leave enough headspace in the container or bag for expansion once the mixture freezes. It will keep fresh in the freezer for up to 3 months.

To Reheat

Reheat in the microwave or on the stovetop before serving. If frozen, let it thaw completely overnight in the fridge before reheating it in the microwave or in a saucepan over medium-low heat for 10-15 minutes or until warmed through. Add a splash of water if the mixture is too thick. Stir frequently to prevent sticking or scorching.

Nutrition (per serving)

Calories 480, fat 25 g, carbs 54 g, sugar 6 g,
Protein 19 g, sodium 1221 mg

Creamy Corn

Sweet corn meets a cheesy sauce in this simple yet satisfying dish that's perfect alongside just about anything. It's a crowd-pleaser; you can prep ahead and enjoy it warm and creamy every time.

Serves 4-6 | Prep. time 10 minutes | Cooking time 15 minutes

Ingredients

- 4 cups frozen corn, thawed
- 5 tablespoons salted butter
- 1 tablespoon all-purpose flour
- 1 cup half-and-half
- 1 tablespoon white sugar
- ½ teaspoon salt
- ¼ teaspoon powdered black pepper
- ½ cup Parmesan cheese, shredded

Directions

1. Melt butter in a pot over medium heat.
2. Add flour and whisk to form a smooth mixture.
3. Pour half-and-half, sugar, salt, and pepper to taste, and whisk to form a smooth mixture.
4. Cook for about 1-2 minutes, stirring all the time.
5. Add corn and cook for about 5-8 minutes, stirring from time to time.
6. Add Parmesan cheese and cook for about 2-3 minutes, stirring all the time.
7. Serve warm.

For Meal Prep

Let the creamed corn cool completely before transferring it to an airtight container. Cover and refrigerate for up to 6 days.

Alternatively, the creamed corn can be frozen. Transfer the cooled dish to a freezer-safe airtight container or resealable freezer bag. Leave enough headspace in the container or bag for expansion once the mixture freezes. It will keep fresh in the freezer for up to 2 months.

To Reheat

Reheat in the microwave or on the stovetop before serving. If frozen, let it thaw completely overnight in the fridge before reheating it in the microwave or in a saucepan over medium-low heat for 10-15 minutes or until warmed through. Add a splash of water if the creamed corn is too thick. Stir frequently to prevent sticking or scorching.

Nutrition (per serving)

Calories 139, fat 13 g, carbs 5 g, sugar 7 g,
Protein 4 g, sodium 322 mg

Apple Crisp

This classic dish is a no-fuss dessert that brings a big flavor with everyday ingredients. It's perfect for make-ahead desserts, potlucks, or a quiet night in.

Serves 4 | Prep. time 15 minutes | Cooking time 40 minutes

Ingredients

- 6 apples, peeled, cored and sliced
- 2 tablespoons white sugar
- 1½ teaspoons powdered cinnamon, divided
- 1 cup brown sugar
- ¾ cup all-purpose flour
- ¾ cup old-fashioned oats
- ½ cup cold butter
- Vanilla ice cream, for serving

Directions

1. Preheat the oven to 350°F (177°C).
2. To make the filling, put the apples, white sugar, and ½ teaspoon of cinnamon into a medium bowl and mix well.
3. To make the topping, put the brown sugar, flour, oats, and 1 teaspoon of cinnamon into another bowl and mix well.
4. With a pastry blender, cut butter to form a crumbly mixture.
5. Put the filling mixture into a 9-inch square baking pan and top with the topping mixture.
6. With the back of a spoon, gently pat down the topping mixture.
7. Bake for about 40-45 minutes. Remove from heat and let it slightly cool before serving warm with vanilla ice cream if desired.

For Meal Prep

Remove from the oven and place the crisp onto a wired rack to cool completely. Cover tightly with plastic wrap and refrigerate for up to 6 days.

Alternatively, you can freeze it for up to 3 months. Make sure the baking dish is freezer-friendly. Wrap tightly with plastic wrap and wrap again with heavy-duty foil. Label the container with the date and place it flat in the freezer. It will keep fresh in the freezer for up to 3 months.

To Reheat

Before serving, thaw overnight in the refrigerator or for 4-6 hours at room temperature. To serve the apple crisp warm, cover it with heavy-duty foil and warm it in the preheated oven to 350°F (177°C) oven for about 15-20 minutes or until heated thoroughly.

Nutrition (per serving)

Calories 618, fat 25 g, carbs 99 g, sugar 63 g,
Protein 5 g, sodium 177 mg

***These recipes and more are found in Louise Davidson's *Cheap and Wicked Good! Budget-Friendly Meal Prep Recipes*. To get your copy, click on the cover below or click [here](#).

