3 Ingredients You Can Buy and Cook in Bulk

If you are looking to cook healthier, but also with your extra-busy schedule, buying and cooking in bulk is highly recommended. While you do need to find some time during at least one day of the week, this helps you prepare meals for the rest of the week. Here are just a few ideas of ingredients to cook in bulk and save for meals throughout the week.

**Chicken Breast**

This is by far one of the best ingredients you can buy in bulk and cook to prepare for future meals. In meal planning, chicken breast can be used for many different meals. You can make chicken sandwiches, soup or stew, chili, and salads. The chicken breast can be added to casseroles, enchiladas, casseroles, or saved as a main dish. It can even be used for snacks or a high-protein breakfast. In order to save money, buy your chicken breast in bulk and cook it all in the same manner, such as baking all of the breasts, boiling them, or putting them all in the slow cooker.

**Tomato Sauce**

One of the food items that tends to take a lot of time is tomato sauce. You can prepare a lot of different meals with your tomato sauce, cooking a wide range of different pastas and lasagnas. Unfortunately, the jarred sauce isn’t always good for you, and not very convenient. You can make some large batches of tomato sauce, put them in mason jars, and save them for the pasta meals during the week. Some ingredients needed for basic tomato sauce include tomatoes, garlic, olive oil, red wine, and seasonings of your choice.

**Roasted Vegetables**

For your vegetable side dishes, main dishes, and snacks, you might want to roast some vegetables in bulk. You can purchase the vegetables for less money at farmer’s markets and health food stores, or by getting a CSA. Chop up all the veggies you want to use and add some olive oil and seasonings to them. Turn on your oven and roast them for several minutes. Some vegetables that are good for roasting include carrots, broccoli, cauliflower, squash, bell peppers, onions, and zucchini.

With just these few ingredients, you can make a lot of different healthy meals during the week. By spending a few hours on a day off cooking these ingredients in bulk, you will be able to save plenty of time during the week on meals without having to get take-out every time you have a busy day.