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# Fix, Freeze, Feast: The Delicious, Money-Saving Way To Feed Your Family



## Synopsis

Save time, money, and stress while serving up healthy delicious food your whole family will love. Kati Neville and Lindsay Tkacsik show you how to buy groceries in bulk, prepare easy dishes, package them in meal-sized bags, and then stock the freezer with ready-to-defrost-and-serve homemade meals. With 125 recipes that include main courses, sides, desserts, and more, Fix, Freeze, Feast is the perfect cookbook for budget-conscious shoppers, warehouse club members, and anyone who wants to put great meals on the table with less effort and expense.

## Book Information

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## Customer Reviews

I just got this book a few weeks ago, and I LOVE it! I live in a household of two, and am not a Costco-type shopper when it comes to meats, so everything I have made from this book, I have just halved the recipes to fit my smaller-packages-of-meat shopping patterns. No biggie. I still have three plus meals out of each type of meat I buy for the two of us. My husband absolutely raved about the Sticky Ribs recipe...and being a die-hard foodie, he is VERY difficult to impress. He has insisted I make them again for a potluck this weekend. I won't give the recipe away, but trust me, for just four ingredients, this one can't be beat. It was worth the price of the book for this one recipe alone. Overall, this book was a great intro for me on the pleasures of make-ahead cooking. I think I am addicted now! And the fact the recipes in this book do not contain any horrible ingredients like Velveeta cheese, canned "cream of" soups, or refrigerated biscuit dough is great, too! You can feed your family easily, healthfully, and with fewer preservatives and if you purchase this book and make some of the recipes as they are written. I highly recommend it!

We are a very active family and this book has transformed my time as well as my grocery bill. It is specifically geared to shopping "warehouse style". Now I am buying in bulk every other week and prepping 14-20 entrees in two to three hours, that need a minimum amount of attention before cooking and serving. Some of our favorites are the 4B's Flank Steak, Salisbury Meatballs, Honey-Glazed Chicken Thighs and Turkish Pork Chops. My husband estimated that I have cut our food bill in half. I like that we aren't wasting food in purchases I intended to make but find I'm too busy to actually prepare. I have bought a lot of OAMC books but I don't have two whole days of uninterrupted time (nor do I want to!) for prepping. Fix, Freeze, Feast makes \$en\$e for me! :-)

I bought this book to aid in dinner prep during the bewitching hour. I made 5 recipes. They go together fairly quickly and quite easily. Once they are thawed (some can be cooked from a frozen state - recipes give specific instructions for re-heating) they are simple to cook, making meal preparation a snap. My 3 kids liked the recipes, as did my husband (who is a culinary professional) and I. (We especially liked the Basil-Balsamic marinade which we used for chicken.) I have cooked in bulk for several years now, but many of the cookbooks I've used have recipes that are outdated and unhealthy. This one is different! No gloopy casseroles with canned cream soup. Instead, look for Tequila-Lime Chicken, Peanut Satay, Apple Cranberry Pork Loin, Asparagus and Potato Frittata, Vegetable Lasagna, Black Bean and Vegetable Chili, etc. They also include some classics, such as Chicken a la King, Beef Barley Soup, several recipes for ribs and steak, regular Chili, and regular Lasagna. Fish and seafood lovers won't be disappointed, as there are several preparations for this genre as well. There is something for everyone here. The cooking instructions can be copied or printed off their website to attach right to the package before it goes into the freezer. If you've ever come across a mystery package in your freezer, you'll know this is a real plus. It also makes it easier to use these meals as gifts and "love meals" for those who are ill or going through a crisis. There is also a freezer inventory so you can keep track of what you have left in there. I will definitely try more of the recipes. It may seem like a large output of cash in the beginning to buy in bulk, but in the long run having meals already prepared actually saves money, as you aren't tempted to call for a pizza or do the breakfast drive-through (frozen breakfast burritos are in the freezer!). Highly recommend.

This cookbook is intended to mimic those places you go to and assemble your meals then take home to freeze. This cookbook is a little different in that I think it's geared more for those who want

to swap meals with other families. Their intended assembly method is what they call the "tray" method, where you purchase a large tray of meat at a warehouse club and then come home and assemble 3 like meals out of it. You cannot make less than 3 meals, the ingredients are geared to be mixed together and then distributed among 3 freezer bags. I suppose there are a few recipes where you could in your head divide all the spices and mix-ins by 3 and then just make one freezer bag but if you make a mistake there's no correcting it. I'm not sure my family would want to eat tequila lime chicken 3 times in a month but if you menu planned far enough in advance I guess you could have it once a month over the next 3 months. What I think is fantastic about this cookbook is that you could find, for example, 2 other families (whether relatives or neighbors) and then you each make a recipe from the cookbook and swap meals with each other. That way you're getting 3 different meals and only assembling 3 of the same meal. That for me was the best part of the cookbook. It would also be perfect if you were providing meals for someone else. You could easily assemble and give to elderly parents, shut-ins, sick friends or relatives, new moms, etc and all they'd have to do is cook it. While that would take some work on their part sometimes it's the prep work and assembly that prevents seniors from cooking not the actual cooking itself. I know my senior mother has a hard time reading small print to see if it's 1/4 tsp or 1/8, etc. Also, chopping hurts her hands. But in this instance you've done all that work with the aid of this cookbook. And it still gives her enjoyment to know that she can put a nice meal on the table for dinner. But even if you needed to cook it before delivering it to someone else you could do that too. All the final preparation and cooking instructions are included in the book to be copied or you can also download from [...] and put on a very sticky labels to attach to the freezer baggie just like at dream dinners. Most of the meals are geared for serving 4 but throwing 6 chicken breasts in a freezer bag wouldn't change the amount of other ingredients needed significantly or even decreasing it to 3 would be no problem. In this cookbook, there are no pictures which is why I gave it a 4 rather than 5 stars. For some reason I think pictures are a needed treat in cookbooks. Most of these meals you freeze first then thaw and cook. Their suggestion is to pull the meal from the freezer the evening before and let it thaw overnight in the fridge and then prepare for dinner the next evening. If you're not willing to make 3 meals of the same thing at once then this cookbook is probably not for you. I just think dividing spices and ingredients to come up with one serving might be too much trouble when there are so many other cookbooks that are already out there. Suggestions would be Super Suppers and Don't Panic: dinner's in the freezer. Both are very good cookbooks themselves. But this cookbook is highly recommended for a MOPS group who want to start a dinner swap club; if you provide meals for others on a regular basis, or just want to ensure you have 3 meals in the freezer

even if it is the same meal. Great cookbook.

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