

# Health Bites: Cook Once, Eat Many Times

## Video: [Curried Squash and Sweet Potato Soup](#)

This nutrient-packed soup is a way to cook once, eat many times. You can have enough for another meal or freeze it for a meal on a day when you might not have time to cook. Other examples of meals that freeze well are casseroles, spaghetti sauce, and burritos.

Another way to spend less time in the kitchen is to cook and use the same ingredients throughout the week. Here are a few ideas to keep it varied/interesting:

- Cook rice for side dish one night, the next night use in a burrito, then as starting point for rice casserole.
- Prepare peas and carrots for one meal, then add to a stir-fry for the next or use as a shepherd's pie starting point.

Visit [ahs.ca/nutrition](https://ahs.ca/nutrition) to find:

- nutrition tips
- recipes
- online and in-person classes
- how to contact a dietitian

For food safety and storage tips visit [Canada.ca](https://Canada.ca) and search “food safety”.