

Week 12 BATCHING PREP SHEET

**Batch-Prep these vegetables for ease in preparing recipes
(or purchase pre-prepped for shortcut):**

INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
Cabbage	2 cups, 2 cups	Shred	A, B
Red onion, small	1/4	Slice	A
Mushrooms, brown	4 oz, 8oz	Slice	B, F
Green onion	2, 1	Slice	B, D
Celery, stalk	2, 1/4 cup, 1	Sliced, diced	B, D, G
Onion, sweet	1/2, 1/2	Dice	C, G
Green bell pepper	1/2, 1/2	Dice	C, G
Carrot, medium	1	Shred	C

**Batch-Cook these ingredients ahead for ease in preparing recipes
(or purchase pre-cooked for shortcut):**

For best results, cook according to package directions.

INGREDIENT	TOTAL AMOUNT NEEDED	DRY MEASUREMENT	PLUS WATER	COOK TIME	MEAL
Brown rice	2 cups	2/3 cup	1 1/3 cups	40-50 minutes	G
Potatoes, medium	2	-	-	Varies	F

Prepare DIY, sauces and dressings ahead to store for later use when preparing recipes:

INGREDIENT	TOTAL AMOUNT NEEDED	PREP	MEAL
Szechuan sauce	1	Whisk	B
Corn tortillas	2	Toast or bake	C

	Cashew Cheese Sauce	1	Blend	D	
	Cheese Sauce	1	Cook veggies & blend	H	