

Kitchen Wisdom – Tips, Tricks, and Time-Savers from a Seasoned Cook

Because the best meals start with smart prep.

Meat Mastery

- **Marinate Before Freezing:** Combine meat with marinade, then freeze. It absorbs while thawing.
- **Pre-Cook Ground Beef:** Brown in bulk, portion and freeze for taco night, soups, or casseroles.
- **Vacuum Seal Meats:** Great for bulk purchases—add your spice rub before sealing for extra flavor infusion.