

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

Because the best meals start with smart prep.

Soups, Stews & One-Pot Magic

- **Soup Base Starters:** Freeze sautéed mirepoix (onion, carrot, celery) in small packs for instant soup beginnings.
- **Use Parmesan Rinds:** Add to simmering soups for depth and umami.
- **Stretch with Lentils or Grains:** Bulk up soups and stews with cooked quinoa, rice, or lentils.