

# Bulk meals that go the distance

Cooking once and eating multiple times

Food is more than what is on the plate. It is about health, connection, culture and community.

Cooking in bulk is a simple way to save time, reduce stress, and make food go further using affordable, everyday ingredients.

Cooking once and eating multiple times can help stretch your budget and take pressure off during busy weeks.

Most of these meals freeze well — store in portions for easy future meals.

## Veg-Boosted Spaghetti Bolognese

### Ingredients

1kg mince = \$14  
2 cans tomatoes = \$2  
2 carrots = \$1  
1 zucchini = \$1  
1 onion = \$0.50  
1 cup lentils (optional) = \$1  
500g pasta = \$1

Total \$20.00  
Makes 2-3 meals (12-18 servings)

### Why it works

- Familiar, kid-friendly
- Easy to bulk with vegetables and lentils
- Turns into multiple meals

Make once can equate to three meals:

1. Night 1: Spaghetti bolognese
2. Night 2: Pasta bake or lasagne
3. Freezer: Extra portion for future night



## Hearty Vegetable and Lentil Soup

### Ingredients

1/2 pumpkin = \$2-3  
2 potatoes = \$1  
2 carrots = \$1  
1 onion = \$0.50  
1 cup lentils = \$1  
Stock (vegetable peeling scraps = free)

Total: \$6-\$7  
Makes: 2-3 meals + lunches

### Why it works

- Very low cost
- Freezes beautifully
- Nutrient dense and filling

Serve with toast or bread to make it more filling.

**TOP TIP**

Double the vegetables, it makes the meal stretch further and often goes unnoticed.



## Mild Chicken and Vegetable Curry

### Ingredients

1kg chicken (thighs/drumsticks) = \$6-\$8  
3 potatoes = \$2  
2 carrots = \$1  
1 onion = \$0.50  
Curry powder + rice = ~\$2

Total: \$12-\$14  
Makes: 2 meals

### Why it works

- Can be made mild for families
- Bulked out with vegetables
- Freezes well

### Stretch it:

- Use more vegetables than meat
- Add chickpeas or lentils

## Cottage Pie (or Shepherd's Pie)

### Ingredients

1kg mince = \$14  
1kg potatoes = \$3  
2 carrots = \$1  
1 onion = \$0.50  
Frozen or fresh veg = \$2 (corn, peas, beans etc)

Total: \$20  
Makes: 2 full trays (2 dinners)

### Why it works

- Comfort food
- Easy to portion and freeze
- Uses affordable ingredients

### Make once:

- Serve half fresh
- Freeze half



## Fried Rice (bulk batch)

### Ingredients

2 cups rice (uncooked) = \$1  
4-6 eggs = \$2-3  
Mixed vegetables (fresh/frozen) = \$2  
Leftover meat (optional)

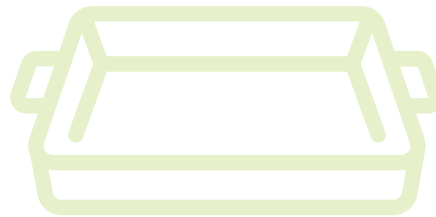
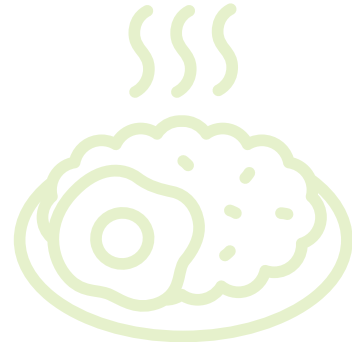
Total: \$5-\$7  
Makes: 1-2 meals

### Why it works

- Uses leftovers
- Fast and flexible
- Cheap and filling

### Great for:

- End-of-week "use everything" meal
- Lunch leftovers



## Tuna or Veg Pasta Bake

### Ingredients

Leftover bolognese = already paid OR tin of tuna with a white sauce  
500g pasta = \$1  
Small cheese (optional) = \$3

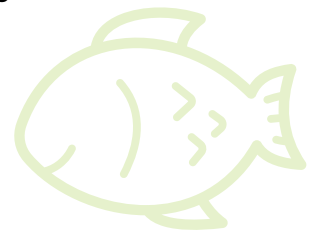
Total: \$4 - \$5 extra  
Makes: 1 large meal

### Why it works

- Low-cost protein option
- Easy to bulk
- Family-friendly

### Make once:

- Eat one portion
- Freeze another



## Add a simple side

A side can help meals go further:

A simple salad could include:

- Lettuce
- Tomato
- Cucumber
- Cheese
- Dressing

Add a simple side dish by using toast, homemade bread or wraps:

- Using bread that is toasted and add garlic with butter
- Add some pasta sauce, grated vegetables, pesto and a little cheese



## How to bulk cook successfully

- Cook double (or triple): Same effort, multiple meals
- Cool before freezing: Keeps food safe and better quality
- Label everything: Date + meal name
- Portion into family or single serves
- Stock up on bulk cooking staple items when you can afford them

## Freezer = Food Security

Having meals in the freezer means:

- Less stress on busy days
- Backup when money is tight
- Reduced takeaway spending

Cooking in bulk takes time and energy, and it's not always possible.

Even making one extra meal when you can, can make a difference later.

## What this is about

Bulk cooking isn't just about saving time. It is about:

- Planning ahead
- Reducing waste
- Making food go further
- Ensuring there is always something to eat

That is food resilience in action.