

THAT ORGANIC MOM

The Midlife Kitchen Reset

Cook once, eat all week, waste nothing.

The simple batch-and-freeze method that puts the meals you love on the table, even on the nights you do not feel like cooking.

with Rebecca Huff

A quick note before we start

Somewhere in midlife, my energy for cooking changed. Without my kids around to appreciate my meals, my willingness to start from scratch every single night waned. (Yes, I love a little external validation.) My love of good food, and our old family favorites, has not changed one bit. But some evenings I am tired. Some evenings I am busy (I go to a lot of dance classes). And some evenings I am simply done. I bet you know the feeling.

Here is something nobody warns you about: cooking for two is harder than cooking for a crowd. When it was the whole family, food disappeared. Now I make a normal recipe and my husband and I are staring down the same dish for four nights, hurrying to finish the leftovers before they go bad, and honestly getting a little bored of it by night three. Smaller household, and somehow more waste and more repetition.

So I stopped trying to cook more and started cooking smarter. This is not a new diet, and it is not a pile of complicated recipes. It is one simple habit: cook the meals we already love in big batches, eat what we need now, and freeze the rest in portions for later. Same food, far less effort, almost no waste.

What you are holding is exactly how I do it. Read it through, then pick one meal to start with. You do not need to overhaul your kitchen this week. You just need to cook one good meal, make a little extra, and let your freezer do the rest.

1 Cook the whole batch

When I make something we love, I do not make just enough for one dinner. I make the whole thing. The full bag of pinto beans. The big pot of rice. The whole tray of peppers and onions.

This is also why shopping at Costco still makes sense to me in midlife. Buy big, cook big, and let your freezer do the storing. The effort to cook a large batch is barely more than a small one, but it feeds you many more times.

2 Split it three ways

Here is the rhythm that runs my whole week. We eat a portion for dinner tonight. I pack a portion for lunch tomorrow. And everything left over gets frozen.

Same meal, three jobs, one round of cooking and one round of dishes. That single shift is what frees up so many of my evenings.

3 Freeze it in cubes

This is the part that makes the whole thing work. I freeze the leftovers in Souper Cubes trays, beans, rice, soups, sauces, even broth, in portion sizes that actually match how we eat.

Once they are frozen solid, I pop the cubes out into labeled freezer bags so the trays are free for the next batch. The cubes stack flat and thaw fast because they are small.

THE TRAYS I USE

Souper Cubes come in a few sizes, larger ones for soups and stews, smaller ones for broth and aromatics. These are [the exact ones I use](#), and you can browse the rest of my [clean kitchen picks here](#).

4 Label and stash

Write what it is and the date on the bag, then stack them flat in the freezer. Future you will not remember what that frozen brown block is, I promise.

A marker and thirty seconds now saves a real guessing game later. I keep a Sharpie in one kitchen drawer so it is always handy for labeling freezer bags.

5 Reheat on the tired nights

This is the payoff, and it is a good one. On the nights you are worn out, busy, or just done, dinner is already made. You grab the cubes you need, warm them up, and eat the food you already love.

Souper Cubes also makes the cutest little casserole-style dishes, and they are the perfect size to reheat your frozen blocks right in the oven or microwave. The cube goes in, dinner comes out.

No takeout guilt. No sad diet plate. No starting from scratch when you have nothing left to give. Just a real, comforting meal that past you quietly set aside for this exact moment.

The rotisserie chicken trick

Here is one I do almost every week. I buy an organic rotisserie chicken. The meat goes straight into meals for us, salads, tacos, soups, whatever we are in the mood for. Then the leftover bones go into a pot and become broth, which I freeze in blocks for cooking and soups later.

One chicken, three or four uses, and almost nothing wasted. That is the whole spirit of this method in a single dinner.

What is worth batching

Not sure where to start? These freeze and reheat beautifully:

FREEZER FRIENDLY

Cooked beans (pinto, black, chickpeas) | rice and grains | sauteed peppers and onions | soups and stews | pasta sauce and other sauces | cooked ground meat | mashed sweet potato or squash | bone broth

Why it is built for midlife

I am not chasing a complicated new plan here. I am making the same dishes we have loved for years, just in a way that fits this season. Less shopping. Less cooking. The same comforting variety on the table. And almost nothing thrown away.

When your energy is the thing in shortest supply, a freezer full of meals you actually want is a kind of insurance. It is there on the good days and, more importantly, on the hard ones.

And it is not only for you. A lot of us in midlife are also caring for aging parents. The same batch that fills your freezer can fill theirs. A few labeled cubes of soup, beans, or a favorite dinner, dropped off on a visit, means they get real homemade food on the days when cooking feels like too much for them too.

Start with one

You do not need to overhaul your whole kitchen this week. Pick one thing you already make, cook a double batch, eat your portion, and freeze the rest in cubes. That is the entire first step.

Once you open the freezer to a real dinner on a night you had nothing left to give, you will keep going. It is that good of a feeling.

Then hit reply to any of my emails and tell me the one meal you are going to batch first. I read every single one, and these notes are the best part of my week.

Here is to cooking once and eating well on repeat. Not perfect, just one better.

Rebecca

More from the blog: [My Honest Souper Cubes Review](#) | [Mix and Match Meal Prep](#) | [Reducing Food Waste](#)

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