

30 Minute Meals

I would love to say that I have the time to whip up amazing meals each night. There are a few problems with that thought. For one, I am not the best cook in the world, and secondly, I just don't have a lot of time. I remember my grandmother would spend most of her day in the kitchen, and that was something that she seemed to enjoy. For me, however, it is just not possible. Instead, I look for great and interesting meal ideas that I can make fast. That means that the 30 minute meals you can find are some of the best options for me.

I was never sure how I felt about Rachel Ray, but I love her 30 minute meals. Not only are they pretty easy, they are also meals that is not the ordinary fare that I give my family all of the time. We get stuck in a rut sometimes with the same meals over and over, and that is mostly because they are tried and true favorites. The meals in 30 minutes are great, and they don't have to be extremely complicated to keep everyone happy with our menu.

Many of the 30 minute meals are so easy that someone like me can do them. I have make many mistakes in the kitchen, and I think it has to do with my short attention span. Finding great meals to make in 30 minutes is just about right, and is something I can concentrate on. These are not your average meals either, so it does require some extra shopping. However, if you can plan your 30 minute meals ahead of time (a week or two ahead) you can get all of your shopping done without worrying about being out of or missing something essential.

You can watch Rachel to get your 30 minute meals, or you can find listings online if you want to plan ahead. You can also find meals in 30 minutes by buying one of her cookbooks. Because she is so popular right now, you can find her books almost anywhere that sells cookbooks, or you can find them easily enough if you do a search online. After a while, you may even be able to come up with some of your own meals that you can make in a half an hour or less. You'll learn a lot about food and cooking by following along and figuring out how to put things together in a pleasing and fast way.