

# 20 Easy Recipes For Busy Parents

Being a busy parent can often feel overwhelming, leaving little time and energy for cooking elaborate meals. However, don't despair! This article presents 20 delicious and easy recipes that are perfect for busy parents. These recipes are quick to prepare, require minimal ingredients, and are sure to please both kids and adults alike.

## 1. Quick and Healthy Chicken Stir-Fry



Looking for a nutritious and tasty meal in a flash? This quick and healthy chicken stir-fry is the way to go. With a colorful mix of vegetables and tender chicken, this dish is a crowd-pleaser. Serve it with some steamed rice for a complete meal.

**Cook Book: 20 Easy Recipes for Busy Parents:  
The Best: Fast and Easy, Homemade Food Using**



## the Manual Food Processor Master Slicer

by Amir Kaufman (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 5111 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 68 pages

Lending : Enabled



### Ingredients:

- Chicken breast
- Mixed vegetables
- Soy sauce
- Garlic
- Vegetable oil

### Instructions:

1. Cut the chicken breast into bite-sized pieces.
2. Heat vegetable oil in a pan and sauté the garlic until fragrant.
3. Add the chicken and cook until browned.
4. Add the vegetables and soy sauce, and stir-fry until tender.
5. Serve hot with steamed rice.

## 2. Speedy One-Pot Pasta



In a rush but craving a comforting bowl of pasta? This speedy one-pot pasta is the answer. With just one pot, you can cook the pasta and its flavorful sauce simultaneously, saving you both time and dishes to clean. It's a win-win situation!

Ingredients:

- Pasta of your choice
- Canned tomatoes
- Onion
- Garlic
- Italian herbs

- Salt and pepper

Instructions:

1. Finely chop the onion and garlic.
2. Heat some oil in a large pot and sauté the onion and garlic until softened.
3. Add the canned tomatoes, Italian herbs, and season with salt and pepper.
4. Bring the sauce to a simmer and add the pasta.
5. Cook until the pasta is al dente, stirring occasionally.
6. Serve with grated cheese, if desired.

### **3. Oven-Baked Honey Mustard Chicken**





If you're looking for a scrumptious meal that practically cooks itself, try this oven-baked honey mustard chicken. With only a handful of ingredients and minimal effort, you'll have a flavorful and juicy chicken dish on the table in no time!

Ingredients:

- Chicken thighs

- Honey
- Mustard
- Olive oil
- Salt and pepper

Instructions:

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix together the honey, mustard, olive oil, salt, and pepper.
3. Coat the chicken thighs with the mixture and place them in a baking dish.
4. Bake for around 25-30 minutes or until the chicken is cooked through.
5. Serve with a side of roasted vegetables or a fresh salad.

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These 20 easy recipes are sure to save the day for busy parents. From quick stir-fries to simple one-pot meals, there's something for everyone. Take the hassle out of cooking and enjoy delicious homemade dishes with minimal effort. You deserve it!



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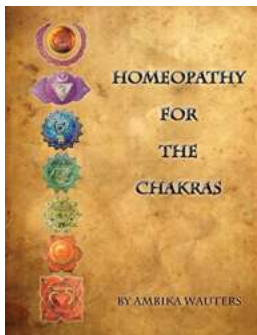
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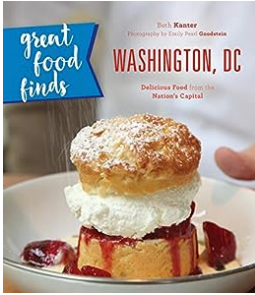
The kids are hungry, you're hungry, but what will you cook today? This question keeps repeating itself every day, but it seems like we can no longer reinvent ourselves. Sometimes we buy a beautiful cook book: "over 200 recipes!" says the cover. But when looking at the text between the glossy photos we find that most of the recipes are too complicated for our busy daily routine. In this book I present a relatively small number of recipes, quick and easy to prepare. I believe that it's better to actually prepare 5 or 10 recipes out of 20, than just look at 200 beautiful photos... I use Master Slicer - a manually operated food processor that works like magic. I invite you to check the recipes and turn cooking from a chore to an easy activity, which can be fun for everyone and bring the whole family together. Please check [slicer4u.com/product/master-slicer-with-book](http://slicer4u.com/product/master-slicer-with-book) to see the recognition my book got from the Master Slicer's manufacturer!



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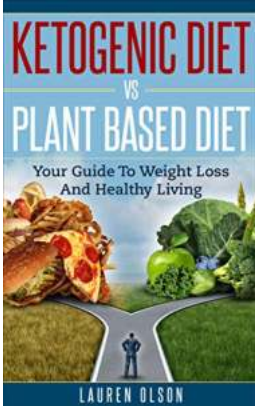
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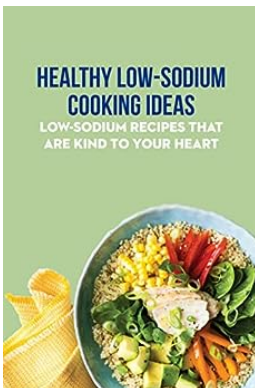
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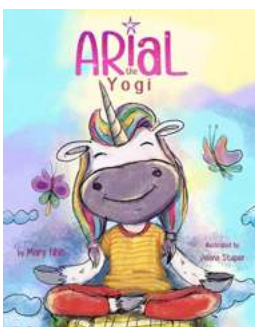
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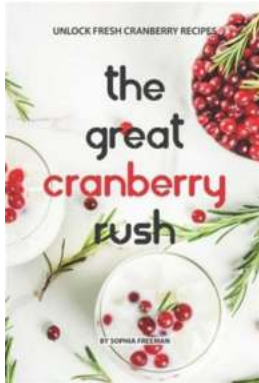
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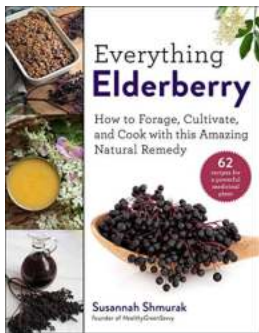
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