Wholesome Vegetarian Dinner Ideas

Enjoying wholesome comfort foods doesn’t mean you have to eat chicken pot pie or meatloaf. There are plenty of comfort foods that are vegetarian. Whether you are trying to reduce your red meat consumption or you are a vegetarian, the following wholesale dinner ideas are great options.

**French Onion Soup**

The first vegetarian dinner you can make when trying to cook more comfort foods is French onion soup. While some French onion does use beef broth, there is a vegetarian version that instead will use low-sodium vegetable stock. With French onion soup, you can provide a healthy and low-fat dinner that is fun to make and eat. Some of the main ingredients of a vegetarian French onion soup include the vegetable stock, onions, butter, oil, sugar, salt, and seasonings. You can also choose to have cheese on top of the soup, though this is optional.

**Butternut Squash Lasagna**

Lasagna is an excellent comfort food for anyone that enjoys eating Italian food, however it is often made with a meat sauce. While you can just forego the meat and have plain red sauce and cheese, this isn’t the most nutritious. To make it healthier but also vegetarian, consider adding some veggies inside. You can do this by making a butternut squash filling and adding some spinach to each layer when you are adding your cheese. Less cheese overall is needed and you are still not adding any meat to the dish.

**Pot Pie**

You might enjoy pot pie for comfort food, but you or members of your family don’t eat meat, so it is hard to make chicken pot pie. Luckily, there is a vegetarian version that is just as tasty as the chicken version, but possible for any vegetarian to eat. However, it does have butter and the crust, so it is not vegan. For a vegetarian pot pie, you will need ingredients like carrots, onions, potatoes, broth, seasonings, peas, and puff pastry.

**Broccoli Cauliflower Soup**

If you enjoy broccoli cheddar soup, this is a great version of it. While broccoli cheddar soup is also vegetarian, you may be looking to add some more veggies to it. Another version of this soup does have cheddar and broccoli, but also adds some cauliflower to the soup. This increases the veggies and reduces how much cheese and cream is needed.