Tips For Preparing Wholesome Comfort Foods

If you are new to cooking or this type of cooking, you might not know exactly how to make comfort foods for your family. Here are some simple tips to help get you started.

**Consider Other Cooking Methods**

The first tip for preparing wholesome comfort foods is to learn to be lenient about the cooking method. If you are accustomed to making most foods on the stovetop, why not try the oven? There is actually a lot you can do just with your oven, from making big casseroles to preparing French onion soup in small oven-safe dishes that you also serve the soup in. If you tend to not want to prepare home-cooked meals for lack of time, then consider using a slow cooker as your cooking method of choice. You can add all of the ingredients to the appliance before you leave in the morning, then diner should be ready around the time you return home in the evening.

**Try to Make it Healthier**

Another thing you should know about wholesome comfort cooking is that it doesn’t always have to be fattening or high in calories. It is possible to prepare home-cooked meals that are nourishing for your family without adding to their unhealthy diet. You can use more vegetables, reduce the carbohydrates, switch to lean protein instead of red meat, and reduce the cheese and cream that goes into your different dishes. Be creative and think of ways to have a healthier meal.

**Get Involved in Meal Planning**

Another tip for preparing more comfort foods at home is by meal planning and meal prepping. This is going to simplify the entire cooking process and can help to encourage you to cook more meals from scratch. Often times, you don’t prepare a lot of wholesome foods at home because you can’t do it every day. However, if you have one or two days a week that are free, you can do all the planning, prepping, and cooking on those days, then all you have to do during the week is heat up your meals. Save enough room in your freezer so that the food can be stored there.

Take your new comfort food cooking plan just one step at a time. Get a cookbook, learn a new recipe, and take it from there. Dedicate more time to learning how to cook and bake, and you may find that you enjoy it and want to keep doing it more.