**Possible Vegetarian Meals**

**Mostly Vegetables Dishes**

Best Green Bean Casserole

2 14.5-oz cans green beans

1 can cream of mushroom soup

6 oz. French fried onions

1 cup cheddar cheese

Cheesy Cauliflower Casserole

1 head cauliflower

8 oz. sour cream

1 green pepper

1 red pepper

8 oz. shredded sharp cheddar cheese

1 package Parmesan cheese

Corn flakes

Chinese Broccoli with Oyster Sauce

12 stalks Chinese broccoli

Curried Cauliflower

1 cauliflower

Cream of chicken soup

12 wheat crackers

Loaded cauliflower

1 cauliflower

8 oz. sour cream

8 oz. shredded Cheddar cheese

1 package dry ranch salad dressing

Parmesan Lemon Zucchini

4 zucchinis

1 package Parmesan cheese

1 large lemon

Portobello Mushroom Burgers

4 portobello mushroom caps

Balsamic vinegar

Rainbow Broccoli Parmesan Recipe

3 cups broccoli and cauliflower mix (Colorful)

Spiced Eggplant

6 oz. Oriental eggplant

Steamed Broccoli with Olive Oil, Garlic, and Lemon

3/4 lb. broccoli

Stir Fried Corn with Pine Nuts

1/4 cup pine nuts

1 green onion

2 carrots

1 cup corn (canned or frozen)

1 cucumber

Stir-Fried Cauliflower in Cream Sauce

1 cauliflower

Stir-Fried Cauliflower with Tomato Sauce

1 cauliflower

1 tomato

6 oz. tomato paste

Tomato Mozzarella Salad

3 large tomatoes

8 oz. mozzarella cheese (ball in liquid)

Balsamic vinegar

Tomato Salad with Herbed Ricotta and Balsamic Vinaigrette

Balsamic vinegar

8 oz. part-skim ricotta cheese

2 lbs. heirloom tomatoes

Yellow Squash Casserole

4 cups sliced yellow squash

1 onion

1 box Ritz crackers

8 oz. shredded Cheddar cheese

Zucchini “Noodles”

6 zucchini

Parmesan cheese

Bean Sprouts with Mixed Vegetables

2 stalks celery

1 red pepper

1 package bean sprouts

2 green onions

Creamy Spinach-Artichoke Casserole

6.5 oz. marinated artichoke hearts

1/4 lb. mushrooms

1 onion

20 oz. spinach

1 can cream of mushroom

8 oz. sour cream

Lettuce with Oyster Sauce

1 iceberg lettuce

Onions, Corn, and Peppers

1 onion

1 green pepper

1 red pepper

1 can whole corn kernel

Ratatouille

1 eggplant

Parmesan cheese

2 zucchinis

1 onion

2 cups mushrooms

1 green pepper

2 large tomatoes

Squash Casserole I

2 lbs. yellow squash

1 onion

1 can cream of chicken

8 oz. sour cream

Stir-Fried Baby Bok Choy

1-2 lbs. baby bok choy

Stir-Fried Broccoli

1 head broccoli

Simple and Satisfying Broccoli

1 head broccoli

Stir-Fried Cauliflower

1 cauliflower

Vegetarian Korma

1 onion

2 Russet potatoes

4 carrots

1 jalapeno pepper

1 package frozen green peas

1 green pepper

1 red pepper

1 cup heavy cream

Stir-Fried Vegetable with Mushrooms

2/3 lb. bok choy

1 can straw mushrooms

1 green onion

Sweet and Creamy Corn

1 onion

18 oz. corn

1 pint half-and-half

Hearty Vegetable Stew

10 oz. mushrooms

1 onion

3 carrots

2 stalks celery

6 oz. tomato paste

4 cups red potato

**More Protein Dishes**

Green-Pea Burgers

2 cups frozen peas

15 oz. can chickpeas (garbanzo beans)

1 onion

4 burger buns

Homemade Black Bean Veggie Burger

16 oz. black beans

1 green pepper

1 onion

Chili powder

4 burger buns

Butter Bean Burgers

15 oz. can butter beans

1 onion

1 Jalapeno pepper

1 box saltine crackers

8 oz. cheddar cheese

Falafel

15 oz. chickpeas (garbanzo beans)

1 bunch parsley

6 oz. plain yogurt

1 cucumber

Veggie Chili

1 can vegetable broth

1 onion

1 can kidney beans

1 can black beans

1 can corn

1 can fire-roasted tomatoes

1 cup lentil

4 oz. diced green chili

Chinese Tea Eggs

12 large eggs

Light soy sauce

Dark soy sauce

Black tea

Curried Deviled Eggs

Eggs

Easy Vegetarian Spinach Lasagna

1 package lasagna noodles

10 oz. spinach

8 oz. ricotta cheese

8 oz. mozzarella cheese

8 oz. pasta sauce (any kind)

1 package shredded Parmesan cheese

Egg Drop Soup

10 oz. spinach

64 oz. chicken broth

4 eggs

1 package firm tofu

Frittata

3 tbsp. heavy cream or half-and-half

4 oz. shredded cheese

3 cups vegetables

Green ‘n’ Gold Egg Bake

2 10 oz. spinach

24 oz. small-curd cottage cheese

1/2 cup Parmesan cheese

5 eggs

Linguine and Clam Sauce

1 lb. linguine

2 6.5-oz. minced clams

1 package Parmesan cheese

Spinach Pie

Onion

16 oz. frozen, chopped spinach

1 pint heavy cream or half-and-half

1/2 cup Swiss cheese

Three Cheese Quiche

1 cup mushrooms

1 onion

1 broccoli crown

1 jar roasted red pepper

8 oz. shredded three-cheese mix

Tofu Lasagna

1 package lasagna noodles

1 package firm tofu

16 oz. spaghetti sauce

8 oz. mozzarella cheese

1 package Parmesan cheese

Tofu Parmigiana

1 package Parmesan cheese

1 package firm tofu

8 oz. tomato sauce

8 oz. mozzarella cheese

Easy Spinach Lasagna with White Sauce

10 oz. spinach

29 oz. Alfredo-style pasta sauce

1 package lasagna noodles

1 pint skim ricotta cheese

8 oz. mushrooms

8 oz. carrots

8 oz. shredded mozzarella cheese

Light and Fluffy Spinach Quiche

8 oz. shredded cheddar cheese

10 oz. spinach

1 onion

Sean's Falafel and Cucumber Sauce

15 oz. can chickpeas (garbanzo beans)

1 onion

1 bunch parsley

6 oz. plain yogurt

1 cucumber

Spaghetti with Clams

1 1/2 cups minced clams

1 lb. thin spaghetti

1 package Parmesan cheese

Spicy Tofu

1 package firm tofu

Squash and Spinach Casserole

1 cup small curd cottage cheese

2 10 oz. spinach

6 medium yellow squash

3 medium tomatoes

8 oz. shredded cheddar cheese

Water Eggs\_Grandmother's Recipe

Eggs

Stir-Fried Tofu with Oyster Sauce

1 package tofu

Best Tuna Casserole

12 oz. extra-wide egg noodles

1 onion

8 oz. shredded Cheddar cheese

1 package frozen green peas

12 oz. canned tuna

2 cans cream of mushroom soup

4.5 oz. can sliced mushrooms

1 bag of low-sodium potato chips

Tuna Twist Casserole

8 oz. corkscrew pasta

8 oz. frozen mixed vegetables (country-style)

1 can cream of mushroom

8 oz. shredded mozzarella cheese

12 oz. canned tuna

Curry in a Hurry

14.5 oz. diced tomatoes

14 oz. light coconut milk

2 cups red lentils

10 oz. spinach

1 red onion

6 oz. tomato paste

40 oz. vegetable broth or vegetable bouillon base (like Better than Bouillon Vegetable Base)

Easy Instant Pot(R) Green Moong Dal

1 onion

1 cup green lentils (moong dal lentils if possible)

Southwest or Chipotle Corn Chowder

2 14.5 oz. vegetable broth

2 cans whole kernel corn

2 green bell peppers

2 red bell peppers

4 carrots

12 oz. can evaporated fat free milk

12 oz. MorningStar Farms Chipotle Black bean Crumbles

8 oz. shredded cheddar cheese

**Others**

Cheese Pizza

Mozzarella cheese

Spinach

Mushrooms

Olives

15 oz. tomato sauce

6 oz. tomato paste

Kimchee Pancakes

1 cup kimchi

1 green onion

Tomato and Feta Galette

6 oz. feta cheese

1 shallot

3 medium tomatoes

Ultimate Twice Baked Potatoes

4 large Russet potatoes

8 oz. sour cream

8 oz. shredded cheddar cheese

Green onion

Cajun Potato Wedges

4 medium potatoes

Cajun spice mix

Cheese Potato Casserole

1 can cream of mushroom or cream of chicken

8 oz. sour cream

1 onion

Bag of frozen country-style hash browns

8 oz. grated cheddar cheese

Cheesy Polenta

1 cup polenta

4 oz. shredded cheddar cheese

Garlic Dill New Potatoes

8 medium red potatoes

Macaroni and Cheese

8 oz. elbow macaroni

8 oz. shredded cheddar cheese

Magnificent Mushrooms

6 large mushrooms

Mashed Potatoes

6 medium Russet potatoes

Mushrooms in Oyster Sauce

Noodles in Gravy

SPAM

1 package bean spouts

Old Country Potato Salad

3 lbs. Yukon Gold potatoes

1 red onion

Dill pickles

ORTEGA 7-Layer Dip

16-oz. refried beans

1 package taco seasoning mix

8 oz. sour cream

2 avocadoes

8 oz. 4-cheese Mexican shredded cheese mix

1 jar (at least 8-oz.) thick and chunky salsa

4-oz. can diced green chiles

2 green onion

Tortilla chips

Potatoes Au Gratin

1 1/2 lb. Russet potatoes

8 oz. shredded cheddar cheese

Spanish Rice

1 onion

1 green pepper

1 celery

1 cup mushrooms

1 large tomatoes