

DANIEL FAST FRIENDLY RECIPES

For those of you who will be doing the "Daniel Fast" during our 21 Days of Prayer and Fasting, here are a few "Daniel Fast Friendly" recipes. These are just a few. Be creative and you will find that there are limitless ways to enjoy this amazing fast. If you have any recipes of your own, please share them and email them to Pastor John pstrjohn@windstream.net, so they can be posted on the website as well

Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)
6 medium-large red potatoes (chopped in 1/2 inch pieces)
6 carrots (finely chopped)
1 medium-large onion (finely chopped)
2 green peppers (finely chopped)
2 bay leaves
3 teaspoons thyme
2 teaspoons marjoram
3 teaspoons cumin
2 teaspoons sea salt
2 teaspoons pepper
3 32oz. boxes of vegetable broth
Water, as necessary

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

Tomato Basil Soup

12 Vine Ripe Tomatoes
1 Package Cherry Tomatoes
2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)
1 Large Ripe Avocado
2 Yellow Onions (chopped)
4 Cloves Garlic (chopped)
5 Stems Fresh Basil
2 Tablespoons Pure Honey
1 Bay Leaf
1 teaspoon Oregano
1 teaspoon Sea Salt
1 Tablespoon Red Pepper Flakes
2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

Portabello Steaks

6 portabello mushroom caps

1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

Baked Sweet Potatoes

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

Vegetable Barley Soup

Choose your vegetables. Really, anything can work depending upon your taste.

Some possibilities:

3 cups chopped celery
2 cups chopped white onion
3 cups chopped carrots
3 cups chopped green/yellow/red pepper
3 cups thin sliced mushrooms
2 cups chopped roma tomatoes (peeled and seeded)
2 32oz. boxes vegetable broth

Use your favorite spices. Some possibilities: 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour 1/4 cup vegetable broth in a soup pot. Add all of the vegetables and saute them until tender. Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.

Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, portobello mushrooms or use as a dip with vegetables.

Baked Apples or Pears

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

The Breaker's Granola

5 cups raw oatmeal
1 cup finely chopped walnuts
1 cup slivered raw almonds
1 cup finely chopped cashews
1 cup unsalted sunflower seeds
1/2 cup flax seed
1 cup finely chopped dry figs
1 cup finely chopped apricots (unsweetened if possible)
1/4 cup chopped coconut
2 cups unsweetened raisins
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

Gazpacho

6 med. tomatoes, quartered
2 large cucumbers
1 small red onion
1 med. zucchini, chopped
3 med. garlic cloves, smashed
1 med. green bell pepper
Chopped fresh herbs: parsley, basil, chives
2 Tbsp. lemon juice
2 Tbsp. extra virgin olive oil
1 tsp. sea salt
1 tsp. cayenne pepper
1 tsp. ground cumin seed
2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.

2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more bursts. Blend in stock or tomato juice.

3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time: 10 minutes.

Vegetarian Spaghetti Squash

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

Stir Fried Sauce

10 Roma tomatoes, peeled, seeded, and chopped coarsely
2 cups thinly sliced mushrooms
2 cloves garlic
2 cups chopped broccoli florets or 1 package baby spinach
2 teaspoons oregano (powdered or flakes)
Sea salt to taste

Saute mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands.

Serve hot. 6 servings

Brown Rice with Edamame and Vegetables

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
½ teaspoon cumin
1 clove garlic minced
½ cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Saute garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entrée size

Serve with orange slices and celery sticks.

Cuban Black Beans & Rice with Tomato Salsa

1 package dried black beans
Vegetable broth (1- 32oz. box)
Chili powder
Chipotle powder
2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered
Lime
Cilantro
Green onion (1 bunch)
Chili powder
Cumin
Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with sliced mango and papaya and lime juice.

Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

Keep this on the counter for a quick snack.

Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon.

Golden Carrot Soup

Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped with vidalia fine insert, about 2 cups
- 3 stalks celery chopped with vidalia fine insert, about 1 cup

- 1 package 16 oz. bag of fresh sliced carrots, about 4 cups
- 1 quart vegetable broth, 32 oz carton
- 1 teaspoon poultry seasoning
- 1 teaspoon dried basil
- 2 teaspoons chopped garlic, jar ok
- 1/2 teaspoon pepper
- 1 teaspoon salt

Instructions

In a large pot put olive oil and sauté onion, celery, carrots, garlic and all the seasonings for about 10 minutes.

Then add the vegetable broth. Cover and simmer for about 25 min or until carrots are tender. With a hand held blender, cream the soup. If you do not have an hand held blender, spoon into a regular blender. Blend half at a time... ..be careful this is hot stuff

Serves: 6.

Quick and Easy Minestrone Soup

Ingredients

- 2 tablespoons olive oil
- 2 medium onions, chopped w/Vidalia fine insert
- 2 teaspoons chopped garlic
- 2-14.5 oz. can stewed tomatoes w/Italian seasonings
- 1 tablespoon tomato paste
- 1/2 cup uncooked whole wheat small pasta
- 1-14.5 oz. can garbanzo bean, drained
- 1-16 oz. bag of frozen Italian-style vegetable mix
- 1-14.5 oz. can Italian Cut green beans, drained
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1 teaspoon dried basil

Instructions

In a large pot, sauté with olive oil onions, garlic for a few min's to sweat, add remainder ingredients and bring to a boil... stir and cover with lid and simmer for 30 min. This can be put in a crock pot at this point and set on warm for up to 4 hrs... nice to come home to after church

Serves: 6.

Broccoli Penne

Ingredients

- 1 box 8 oz. whole wheat penne pasta, cooked per box instructions
- 1/4 cup pasta water, reserved from cooking pasta
- 1 package 12 oz. bag of Mann's Broccoli Wokley (in a microwave bag)
- 4 whole sun-dried tomatoes in olive oil
- 1 bunch flat leaf parsley
- 4 tablespoons olive oil
- 1 tablespoon chopped garlic, jar ok
- 18 whole grape tomatoes, cut in half
- 1/4 teaspoon red pepper flakes
- 1 teaspoon salt
- 1 teaspoon pepper
- 1/4 cup pistachio nuts, crushed

Instructions

Using a fork, poke a hole in top of the Broccoli Wokley bag and place in the microwave for 4 min on high. Remove and open bag carefully and set aside. In the food processor, put 4 sun dried tomatoes, 1 Tbsp of olive oil (from sun dried tomato jar), flat leaf parsley and 4 Tbsp of reserved pasta water... blend well for about 1 minute and set aside.

In a large skillet, sauté olive oil and garlic for a minute, then add tomatoes for just 2 more minutes over medium heat. Add sun dried tomato mixture, cooked broccoli and cooked penne... toss to blend. Heat for just a few min...sprinkle pistachio nuts over the top and serve.

The Mann's Broccoli Wokley can be found in the produce section by the salads. If you can't find Mann's broccoli, simply use any cooked broccoli of your choosing.

Serves: 4.

Crock Pot Spiced Cider

Ingredients

- 1 gallon natural apple cider
- 3 large Mexican cinnamon sticks or 6 small

- 10 whole cloves
- 20 whole all spice
- 1 whole orange, sliced

Instructions

Place all of the ingredients into a large crock pot and start out on high for the first hour uncovered...then turn down to low and let simmer all day...(at least 4 hours) remove cinnamon sticks and with a slotted spoon ..remove all spice and cloves.

Serve hot... Makes the house smell so wonderful !! Leftovers...using a funnel... .pour back into Cider container and refrigerate ...then pour into a mug and microwave until hot... .stays great for week...if it lasts that long!

Serves: 8.

Black Bean, Poblano Corn Chowder

Ingredients

- 2 whole poblano peppers (Anaheim peppers)
- 2-15 oz. cans black beans, drained
- 2 tablespoons olive oil
- 1 tablespoon chopped garlic, jar ok
- 1 tablespoon ground cumin
- 1 teaspoon pepper
- 1 teaspoon salt
- 2 tablespoons dried parsley
- 2-14.5 oz. can diced tomatoes
- 2 cups frozen corn
- 1 large onion, chopped with Vidalia fine insert, about 2 cups

Instructions

Place the poblano peppers on the grill and char them on all sides... .place in bowl and cover tightly with wrap...after about 5 min's... ..remove the skin, stem and seeds...drop in food processor and blend. This adds great flavor to the soup...however, if time does not allow you to do this...omit peppers it will still be delicious.

In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes... .add the tomatoes juice and all along with the black beans, corn, poblano peppers and all the seasonings. Cover with lid and simmer for 20 minutes. Enjoy!

Serves: 6.

Butternut Squash Soup

- 2 tablespoons oil
- 1 medium onion, diced

2 medium butternut squash, peeled, seeded and diced
8 cups water, boiling

1. In a large soup pot, warm the oil
2. Caramelize onion in the pot, sautéing 10-15 minutes
3. Add the squash cubes and cook for 10 more minutes until outside of the cube is soft
4. Pour the boiling water over the onion/squash mixture
5. Bring entire mixture up to a boil and simmer for 10 minutes
6. In a blender, puree soup on low, working up to high speed until mixture is smooth and creamy
7. Serve hot