

What about bread? We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat? As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

Foods to include in your diet during the Daniel Fast...

All fruits: These can be fresh, frozen, dried, juiced or canned (watch for added sugar). Apples, Apricots, Avocados, Bananas, Berries, Blackberries, Blueberries, Boysenberries, Breadfruit, Cantaloupe, Cherries, Coconuts, Cranberries, Dates, Figs, Grapefruit, Grapes, Grenadine, Guava, Honeydew melons, Kiwi, Lemons, Limes, Mangoes, Melons, Mulberry, Nectarines, Oats, Olives, Oranges, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines and Watermelon.

Vegetables: These can be fresh, frozen, dried, juiced or canned (watch salt content). Artichokes, Asparagus, Beets, Broccoli, Brussel sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili peppers, Collard greens, Corn, Cucumbers, Eggplant, Garlic, Ginger root, Kale, Leeks, Lettuce, Mushrooms, Mustard greens, Okra, Onions, Parsley, Peppers, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini,

Legumes: Dried beans, Black beans, Cannellini, Pinto beans, Split peas, Lentils, Black eyed peas, Green beans, Green peas, Kidney beans, Peanuts (includes natural peanut butter), Beans, Lentils, Lupines and White Peas.

Seeds: All nuts (raw, unsalted), Sprouts, Ground flax, Cashews, Walnuts, Sunflower, Sesame, Almonds, Natural Almond Butter

Whole Grains: Whole wheat, Brown rice, Millet, Quinoa, Oats, Rolled Oats, Plain Oatmeal- not instant, Barley, Grits (no butter), Whole wheat pasta, Whole wheat tortillas, Plain Rice cakes and Popcorn (see recipe in FAQ's)

Liquids: Water (spring, distilled, filtered), Unsweetened Soy Milk, Unsweetened Almond Milk and Herbal (caffeine free) Tea (this is open to interpretation). Many people do not include 100% Fruit/Vegetable Juice (no added sugar).

Other: Tofu, Soy products, Herbs, small amounts of Honey, small amounts of Sea Salt, small amounts of Ezekiel Bread, small amounts of Olive Oil, Spices (read the label to be sure there are no preservatives).

Foods to avoid on the Daniel Fast: All animal products including all meat, poultry, fish, white rice, white bread, all deep fried foods, caffeine, coffee (including decaf because it contains small amount of caffeine), carbonated beverages, energy drinks, foods containing preservatives, additives, refined foods, processed foods, food additives, refined sugar, sugar substitutes, raw sugar, syrups, molasses, cane juice, white flour, margarine, shortening, high fat products, butter, all leavened breads, baked goods, all dairy, milk, cheese, yogurt, cream, eggs, alcohol and mayonnaise.

RECIPE IDEAS

Breakfast Recipes

Easy High-protein Breakfast Stir-fry for the Daniel Fast

- 1 tablespoon olive oil
- 1 medium onion, sliced
- 1/2 green pepper, chopped
- 1 cup firm tofu, diced in bite-sized pieces

Fresh Italian herbs to taste. Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Makes two servings.

Muesli

- 1/2 cup muesli (Bob's Red Mill Old Country Style)
 - 1/2 cup water
- Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Granola

- 4 cups rolled oats
- 1 cup crushed almonds
- 1 cup whole grain flour
- 1 tsp. cinnamon
- 1 cup shredded coconut
- 1 cup sunflower seeds
- 1 cup wheat germ or other whole grain bran
- 1 cup honey
- 1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsculptured dehydrated fruit.

Apple Blueberry Oatmeal Cereal

- 2 sweet apples
- 1/2 cup rolled oats
- 1 cup blueberries
- 1/2 cup almonds
- 1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Meals and Sides

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

The Daniel Fast FAQ & Recipes



21 Day Fast
January 7-27



In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:2, 3



Family Harvest Church
320 W. 23rd Street
Cheyenne, Wyoming 82001
Phone: (307) 638-8880
Website: fhcCheyenne.org

Frequently Asked Questions (FAQ)

Taken from daniel-fast.com/faq/

What is the Daniel Fast?

It's a biblically based partial fast based on two accounts of the Prophet Daniel's fasting experiences (seed Daniel 1 and 10) and typical Jewish fasting principles. The Daniel Fast eating plan is similar to a vegan diet with additional restrictions. See the Daniel Fast Food List for a more complete outline of foods to include and foods to avoid.

Why are fruits and grains allowed when the Bible says Daniel ate only vegetables and drank water?

The early translations (including KJV) use the word pulse instead of vegetables. That word is rightly translated as "foods grown from seed." Therefore, the Daniel Fast includes fruits, vegetables and whole grains.

Can I take medications during the Daniel Fast?

If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Fasting should never bring harm to the body, so medications should be continued,

Are supplements okay to take during the Daniel Fast?

Yes, but read the label to make sure they are of good quality and that the ingredients comply with the Daniel Fast Guidelines.

Why can't I have herbal tea on the Daniel Fast?

This is a common question! The reason that no tea is allowed is because the only beverage on the Daniel Fast is water (see Daniel 1). This is based on the prophet's fasting practice in Daniel 1 where he and his companions ate only pulse (food grown from seed) and drank only water. Tea is not water and therefore is not allowed on the Daniel Fast.

Can I have honey on the Daniel Fast? How about date honey?

No sweeteners are allowed on the Daniel Fast. This is based on Daniel's fast recorded in Daniel 10 where he ate no meat and consumed no precious foods. So even though honey and date honey are natural and free of chemicals, they would be considered a "precious food" and therefore not allowed during the Daniel Fast.

No sweeteners, when added as in ingredient, are allowed on the Daniel Fast. This includes honey, syrups, date sugar or date honey, natural sweeteners (stevia or agave nectar) and any other sweeteners. As you make decisions when you create recipes or choose menu items, keep the Daniel Fast Guidelines in mind. Seek the counsel and guidance of the Holy Spirit and make good choices that aligned with the boundaries of the fast.

With that said, these sweeteners are excellent alternatives to sugar and should be considered after the fast.

I am pregnant. Can I still engage in the Daniel Fast?

First, you will want to contact your doctor and explain that the Daniel Fast is a vegan diet with additional restrictions (leavened breads, caffeine, alcohol, sweeteners and chemicals).

Generally, pregnant and nursing mothers follow the Daniel Fast guidelines, but add enough chicken or fish to meet the additional protein demands.

Are there ever situations when I should "pause" from the fast?

Yes, there are times when it would be appropriate to briefly pause from the fast but do so after consulting with the Holy Spirit. For example, last year when I was fasting, I visited my son and his wife who live about 120 miles from me. My son is adopted from Ethiopia and three years ago he returned to Ethiopia and while there married a lovely woman. They now live in Seattle.

During my visit, she had prepared a very special Ethiopian meal for me (parents are very honored in Ethiopia) with lamb. I quickly consulted the Holy Spirit who showed me the way of love for her would be for me to pause my fasts She followed the meal with an Ethiopian Coffee Ceremony, again an act of honor toward me. I felt the freedom to engage in both the meal and coffee ceremony and then returned to my fast the next day. It was the loving thing to do.

How much food can I have on the Daniel Fast?

The Scriptures don't really state an amount of food that can be consumed. However, I do encourage people to keep in mind that this is a fast (restricting food for a spiritual purpose). With that in mind, eating no more than three moderate meals and two small snacks would be appropriate.

Can I eat food during the daylight hours?

Many fasts begin at sunrise and end at sunset. However, the Daniel Fast does not require this modification to our eating patterns. If you choose to add this step to your fast, then that would still be okay, but it is not a required step for the Daniel Fast.

How do you know what Daniel really ate?

I don't! That's why the fast is based on the fasting experiences recorded in Daniel 1 and Daniel 10. If you want to "eat as Daniel ate," then I encourage to research what that could have been. But my guess is that you will soon realize that you can't be sure. That's why the fast is only based and modeled after Daniel 1, Daniel 10 and typical Jewish fasting principles.

Can I have (fill in the blank)?

You can have all foods that include ingredients that comply with the Daniel Fast approved food lists. READ THE LABEL on any prepared or packaged foods to make sure all of the ingredients comply. Even foods marked as "natural" my still contain sweetener or other foods that are not allowed on the fast.

What foods can I eat straight from the grocery store?

You will quickly learn that most of the prepared foods found in grocery stores include sweeteners, chemicals or other ingredients that are not allowed on Daniel Fast. That's why most meals are made from scratch and the reason I've written two eCookbooks and included a cookbook in the new paperback edition.

What if I want to do the Daniel Fast for dietary reasons and not spiritual purposes?

The definition of fasting is to restrict food for a spiritual purpose. Using the Daniel Fast eating plan for strictly health purposes would be a Daniel Diet rather than a fast. Many people do use the Daniel Fast eating plan to improve their health and for weight loss.

What about gum and breath mints?

I have yet to find either gum or breath mints that don't have sweeteners or chemicals included in the ingredients, So alter-

natives like mint leaves, parsley, whole cloves and cinnamon sticks can be used. Also, adding lemon slices to your water will freshen your mouth. You will also find that eating a plant-based diet produces a "sweeter" breath than eating meats and animal products,

Are marital relations allowed during the Daniel Fast?

The Bible teaches that spouses are to be available to each other for marital relationships unless both choose to abstain for spiritual purposes (see 1 Corinthians 7). You and your spouse may choose to abstain from sex during your fast and instead use other ways of showing love and commitment to one another. Couples who do this often times experience great growth and value in this way.

What about bread on the Daniel Fast?

Only unleavened bread is allowed on the Daniel Fast. Flat breads are okay but be sure to read the list of ingredients if you purchase it ready made. Be sure the flat bread is totally plant-based and has no chemicals or sweeteners. Also, be sure the flat bread is made using whole grains.

If you make your own flat bread, you can use any whole grain flour including whole wheat, corn meal, spelt, or oats.

Can I go to gym while on the Daniel Fast?

Yes, you continue your exercise program while fasting, however you do want to make sure you are eating balanced meals on your Daniel Fast. While the Daniel Fast is totally plant-based, it allows for adequate protein if you plan your meals appropriately. Make sure you consume plenty of beans, rice, whole grains, leafy green vegetables, and other plant foods that are rich in protein.

If you are an extreme athlete, then use your wisdom to make sure you are nourishing your body with what it needs. Fasting should never cause harm to your body, so if you need to modify the fast to meet your special health needs, then do so.

What kind of oils can I use?

All healthy oils are allowed in the Daniel Fast. Most people use good quality olive oil. You can also use coconut oil, vegetable oil, walnut oil, etc.

Can I use coconut milk? Almond milk?

All plant-based milks can be used in recipes (the only beverage is water). So, you can use unsweetened and chemical-free milks including rice, soy, almond, coconut, etc. Be sure to look at the list of INGREDIENTS on the food label to make sure it's compliant with the Daniel Fast guidelines.

NOTE: The information below has been taken from Elevation Church. We have found it straight forward and easy to understand and therefore easy to apply.

FAMILY HARVEST CHURCH will be joining together to participate in a time of fasting and prayer.

When: Monday, January 7, 6 am: Begin the “Daniel Fast”-Sunday January 27 at 6 pm: Break the Fast!

What: The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet, but will have generous options available. We will focus on eating fruits and vegetables that are pure and simple. We have included a list of foods to eat and foods to avoid. The recipes are just for your own use and information. You probably have recipes you are already using that would work, or be easily adjusted.

***If you have any known medical conditions or suspect such conditions, consult your doctor before beginning the fast.**

How: There are multiple online resources available on the Daniel Fast. One thing you'll notice is that there are many ways to do the fast. This is, in part, due to the lack of clarity in the bible as to exactly what Daniel did during his fast. This is a time to make some adjustments in our day to day life to connect with God to a greater degree.

Common FAQ's

What about prepared foods? Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta? Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts? The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast? The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed? A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove...here is a recipe.

1) Put two tbsp. of olive oil in the bottom of a large pot.

2) Add enough popcorn to cover the bottom of the pan.

3) Turn heat to medium high. Look for the first popcorn kernel to pop.

4) Put the lid on the pot. Using potholders shake the pot over the burner.

5) Continue shaking until you no longer hear kernels popping. Remove from heat.

How can I identify whole grain foods? Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate as a whole grain product.

What about salad dressing? Olive oil and lemon or lime are an option. See recipes.

Do I need to eat organic foods while on the fast? No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

Where can I go out to eat? Well, we think you can go anywhere and order cautiously, asking lots of questions to the wait staff, knowing ahead of time that you may be ordering a salad with olive oil and a baked potato with no extras.

2 tablespoons olive oil
1 medium yellow onion (chopped)
2 cans diced tomatoes (14.5 oz) (or fresh)
Salt to taste

1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed
1/4 teaspoon salt

3 cloves garlic, minced

1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato Fries by Denise Austin

Makes 4 servings

1 pound small baking potatoes

2 tsp extra-virgin olive oil

1/2 tsp dried thyme

1/2 tsp dried rosemary

1/4 tsp salt

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet.

In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Minestrone Soup

8 cups vegetable stock

1 cups of garbanzo beans

2 cups red kidney beans

1/2 cups carrots

3 medium tomatoes (or 1-14 oz can of

unsweetened, unsalted Italian tomatoes)

1/4 cup fresh parsley

Sea salt

1 cup cabbage

1/4 tsp. oregano

1/4 tsp. basil

1/4 tsp. thyme

1/2 cup celery

1/2 cup onion

1 clove garlic

1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean Soup

8 cups vegetable stock

1/2 . cup onion

1 cup celery

1 potato

2 garlic cloves

1 tsp. honey

2 bay leaves

Sea salt

1 pd. black beans, soaked overnight, rinsed &

drained

1 yellow or red pepper

1 cup carrots

2 Tbsp. cilantro

1 Tbsp. parsley

2 Tbsp. marjoram

1 whole onion

Place beans in pot with veg. stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hrs. or until beans are tender.

Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During last hour of cooking, combine vegetables and seasonings with beans. Bring to a

boil, lower heat to simmer and cook until veggies and beans are tender.

Taco Soup – A Daniel Fast Staple!

This is a delicious recipe that is completely Daniel Fast friendly! The recipe makes a HUGE crock pot full...about 16 cups. We eat leftover Taco Soup for days...and we love it! This is so easy to make and you can't mess it up!

2 – 14.5 oz. cans of diced tomatoes, undrained

2 – 15.5 oz. cans of kidney beans, drained and rinsed

2 – 15.5 oz. cans of whole kernel corn, undrained

2 – 15 oz. cans of black beans, drained and rinsed

1 – 16 oz. can of chick peas, undrained

1 – 16 oz. can of pinto beans, undrained

2 packets of taco seasoning

12 oz. soy crumbles (optional)

Combine all ingredients in a large crock pot. Add water to make a thinner soup. Cook on Low for 8+ hours. Serve alone or with corn tortilla chips. Makes about 16 – 1 cup servings.

White Beans and Sautéed Vegetables

2 cans white beans, drained

2 tablespoons olive oil

1/2. cup yellow onion, chopped

2 cloves garlic, minced

1/2. cup celery, finely diced

1/2. cup carrot, finely diced

1/4. cup virgin olive oil (to drizzle after beans are dished up)

Salt and pepper to taste

Drain the white beans and set aside. Heat olive oil and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly. Dish up on serving plates, drizzle with extra virgin olive oil. Salt to taste. Yield: 4 servings

Tip: It is best to cook with regular ole pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So use the less expensive pure olive oil for sautéing and frying.

Stir Fry Vegetables

1 red onion, sliced

3 stalks celery, thinly sliced

1/2. cup broccoli, chopped

1 bell pepper, sliced

1 tsp. sea salt

3 carrots, peeled and sliced

1/2. cup cauliflower, chopped

1 cup zucchini, thinly sliced

1 cup yellow squash, thinly sliced

1 Tbsp. Oriental seasoning

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add salt and seasoning. Serve alone or over brown rice.

Spanish Rice

1 cup brown rice

1 cup tomato juice

1/3 cup green pepper

1/3 cup celery

1 med. Tomato

2 tsp. chives

1 tsp. basil

1 cup vegetable stock

1 tsp. oregano

1/3 cup carrot

1/3 cup onion

2 small garlic cloves

1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

Rice-stuffed tomatoes

6 large tomatoes

1/2. cup raisins

2 Tbsp. chopped green pepper

2 Tbsp. green onions

2 cups cooked brown rice

2 Tbsp. parsley

Dressing:

1/2. cup olive oil

1 Tbsp. ketchup (with no added sugar)

1 tsp. chili powder (optional)
2 Tbsp. lemon juice
1/4. tsp. dry mustard, optional
1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

Stuffed Peppers

2 Tbs. olive oil
2 stalks celery, minced (1/2 cup)
1 medium onion, minced
1 tsp. salt
1 clove garlic, minced (1 tsp.)
2 cups cooked brown rice
1/2 cup yellow raisins
1/2 cup vegetable broth
5 oz tofu, mashed
3 red bell peppers, laved lengthwise
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, . tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, . tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9” x 12” casserole dish. Add water until it comes 1/2” up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot. Yield: 6 servings

Lentil Soup

2 tablespoons olive oil, plus extra for drizzling
1 medium onion, chopped
2 carrots, peeled and chopped
2 celery stalks, chopped
2 garlic cloves, chopped
Salt

1 (14 1/2-ounce) can diced tomatoes
1 pound lentils (approximately 1 1/4 cups)
2/3 cup pearl barley
11 cups vegetable broth (can substitute water)
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve. Six Servings.

Vegetarian Chili

2 medium-sized green peppers, chopped
1 medium-sized yellow onion, chopped
1 zucchini, sliced
1 yellow squash, sliced
2 tablespoons olive oil
2 tablespoons chili powder
1/4. teaspoon salt
1/2. teaspoon ground red peppers
2 cups corn kernels (fresh or frozen)
2 16 oz. cans tomatoes (juice and all)
2 16 oz. cans pinto beans (juice and all)
2 16 oz. cans black beans (juice and all)
1 4 oz. can mild green chilies
1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions

1 (15 ounce) can black beans, rinsed

1/2 cup corn (thawed if frozen)
1/3 cup chopped fresh cilantro
2 tablespoons lime juice
1 tablespoon extra-virgin olive oil

Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce. Yield: 4 servings

Whole Wheat Tortillas

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

2 cups whole wheat flour
1/4. teaspoon salt
2 tablespoons olive oil
1/2. cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward). Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas. Yield: Makes 12 tortillas

Polenta “Biscuits” for the Daniel Fast

This recipe for polenta “biscuits” is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta

1 teaspoon Italian seasoning

Salt

2 - 12 ounce packages extra-firm tofu, drained

1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2” x 2” squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

Harira

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs oil

1 cup chopped onion

1/2 cup chopped celery

2 cups warm water

Pinch of saffron threads

1/2 tsp salt, divided

1/4 tsp peeled fresh ginger, minced

1/4 tsp ground red pepper

1/4 tsp ground cinnamon

2 garlic clove, minced

2 cups organic mushroom broth

1 1/2 cups chopped and seeded plum tomatoes

1/2 cup dried small red lentils

2 15 oz. cans no-salt-added chickpeas, drained

3 Tbs chopped fresh cilantro

3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

Fast Food for the Daniel Fast

Okay, there are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you’ll want to stock up on a few of these items so you have the on hand.

1 can organic tomato soup (check the label for ingredients)

1 can white beans

1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like) Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve! Serves 2-4 depending on size of serving!

Vegetable Stock

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock.

Makes 4 cups of vegetable stock
2 large onions, cut into large chunks
2 medium carrots, scrubbed but not peeled, cut into large chunks
3 stalks of celery, remove and discard all leaves, cut into large chunks
1 whole bulb of garlic, peel each clove, but do not chop
1 bay leaf. Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low.

Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks. ** Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You an also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Greek Vegetable Stew

2 tablespoons oil
2 onions, chopped
1 pound green string beans, broken in half
1 package frozen or fresh spinach
4 cups water
6 zucchini, chunked
4 yellow squash, chunked
2 cups celery leaves
4 tomatoes, quartered
1 teaspoon salt
8 slices lemon
1 tablespoon dried oregano
3 tablespoons fresh basil
2 cloves chopped garlic
2 tablespoons lemon juice

Lightly brown onions in a hot skillet in 2 tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl. Eight servings

Barbara's Rice, Black beans and corn

1 can Organic Black beans drained
1 can of Organic corn drained
organic long grain rice
organic corn tortilla
homemade salsa (see below)
avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.) Serve with organic corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips. (Organic ones are made with just corn and lime) Serve with sliced avocados.

Karen's Tabbouleh

1 bunch parsley
1 small onion
1 small tomato
3 tbs Bulgur (cracked wheat)
juice of 1 lemon
olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into mixture. Salt to taste.

Susan's Black Bean & Brown Rice Stuffed Peppers

1 qt 100% Vegetable or Tomato Juice
2 cups cooked black beans
1 cup cooked brown rice
2 med green onions (chopped)
1/4. cup fresh cilantro (chopped)
2 tbsp extra virgin olive oil
2 tbsp lime juice
1 clove garlic (finely chopped)

2-3 large bell peppers (cut in half lengthwise and deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

Maria's Curry brown rice

Cooked brown rice
1-2 tsp. curry powder
1/2 c frozen sweet peas
1/2 c corn
1/4 c onions
1/4 c tomato
1/2 tsp. dried thyme leaves
1 tbsp virgin olive oil

Make the desired amount of brown rice. Dice the onion and tomato. Heat pan with olive oil. Mix in tomato, onions, thyme,

corn, sweet peas and curry. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan. Add already cooked brown rice. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

Roasted Potatoes, Carrots, & Onions

Potatoes, washed and cut into bite-sized pieces. Baby carrots or large carrots washed, peeled, and cut into bite-sized pieces, Onions, cut into bite-sized pieces, 2 or 3 tablespoons of vegetable or olive oil, Garlic salt, Salt & pepper, Mrs. Dash Table Blend or any additional seasonings that you like (optional). In a 13×9 inch dish, combine potatoes, carrots, and onions. Add oil and toss veggies to coat. Add seasoning and toss again. Cover with foil and bake on 400 degrees for 1 hour or until veggies are tender. Stir occasionally to prevent sticking.

Angela's veggie soup

1 28 oz. can diced or crushed tomatoes
1 6 oz. can tomato paste
1 can of tomato sauce
1 can (drained) each of corn, green beans, potatoes, English peas, carrots.
salt to taste
2 medium onions diced
1 tsp garlic
4-5 bay leaves

Add water to cover items cook in slow cooker for 3-4 hours or on stove top. Could also add mushrooms or other veggies you enjoy.

Cathy's Leek and Potato soup

1 tsp crushed fennel seeds
2 cloves garlic
2 tbsp olive oil
4 pints vegetable stock
2 lbs. leeks (trimmed, cleaned, sliced)
2 lbs. potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

Lola's Black Bean Soup

I make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeno, chopped Cilantro. Combine all ingredients and enjoy. Amount of broth depends on how chunky you like your soup.

Hot Water Cornbread

White or yellow corn meal & hot water. Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

Rice, Green Beans and Lentils

1 cup rice
1/2 cup lentils rinsed
1 tsp. cinnamon
1 tsp. salt
1 TBSP tomato paste
1 can green beans not drained
1 cup of water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

Rice and Lentils

1 cup rice
1/2 cup of lentils
1 tsp salt
2 cups water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on high.

Vegetable Soup and Navy Beans

1 cup puree spinach
1 cup puree green beans
1 can navy beans rinsed and drained
1 tsp salt
1 cup water

Put all ingredients in crock pot for four hours on medium.

Mashed Pinto Beans on Whole Grain Taco Shells

1 can pinto beans rinsed and drained
1 TBSP of raisins
1 tsp salt

Cook pinto beans and raisins in crock pot for four hours blend in blender serve with whole grain soft taco shells.

Rice and Chick Peas

1 cup rice
1 can chick peas drained and rinsed
1 cup water
1 tsp salt

1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours on medium.

Mrs. Jones' Brown Rice Dinner

1 cup of Brown Rice

2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes.

Half way through the cooking time, add:

1/2 cup of fresh salsa

1 cup of frozen corn

1/2 of a chopped red bell pepper

3/4 cup of cooked black beans

Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.

Snacks

Popcorn

1/4 cup un-popped popping corn

1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on high for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the un-popped kernels in the bag for the next serving.

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.

1/2 cup orange juice (juiced from fresh oranges)

Juice of 2 limes (taste before you add all the juice at once)

1 medium-size, banana, peeled and cut into chunks

Fresh mint leaves for garnish (optional)

2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice or almond milk and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Salads/Dressings

Salad

3 cups bite-size pieces fresh spinach

1/2 cup sliced strawberries

1/2 cup cubed cantaloupe

Optional 1/2 cup sliced oranges

2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice

1 tablespoon honey (if you are allowing honey)

1 1/2 teaspoon olive oil

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted

1 med. ripe tomato

1 tsp. herb seasoning

1 cup fresh lemon juice

Sea salt to taste. Place all ingredients in blender and blend until smooth.

Creamy Green Dressing

1/2. med. ripe avocado, peeled and pitted

1/2. cup distilled water

3 tablespoons fresh lemon juice

1/4. cup almonds, soaked overnight and drained

1/2. tsp. garlic powder

1 . tsp. onion powder or flakes

Sea salt

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled

2 2/3 cup tightly packed fresh basil leaves

1/3 cup pine nuts

1/3 cup cold-pressed extra virgin olive oil

Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running slowly add oil through the feed tube. Continue to process until smooth.

Herb Vinaigrette

1/3 cup fresh lemon juice

1 tsp. dried basil (if using fresh, use twice as much)

1 tsp. dried oregano

1/2. tsp sea salt

1/2. tsp dry mustard (optional)

1/4 cup fresh Italian parsley, minced

1 cup olive oil

1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

1/2 cup olive oil

1/2 cup fresh lemon juice

1-2 garlic cloves, peeled

1 tsp. whole grain mustard seed (optional)

1/4 cup distilled water

1 green onion, chopped

1 tsp. honey

Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1

tsp. oregano and . tsp. basil. Mix well.

French Dressing

1 cup olive oil

1/3 cup fresh lemon juice

1/3 cup honey

1 tablespoon paprika

1/2. cup salt free tomato puree

1 tablespoon onion powder

1/4. tsp. garlic powder

Sea salt

Blend on high for 30 seconds.

Diced Fruit Salad

1 kiwi

1 pint strawberries

1 mango

2 bananas

1/2. pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 cups corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

2 tablespoons extra-virgin olive oil

1/4 cup chopped fresh cilantro

2 (14.5 ounce) cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve. Yield: 4 serving

Black Bean Hummus

Serves 8

Ingredients

1 clove garlic

(16 ounce) can black beans, drained (reserve liquid)

tablespoons fresh lemon juice

1-2 tablespoons tahini

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

Instructions

Crush garlic clove and place in food processor

Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition. Serve

with tortillas, crackers or sliced vegetables.

Homemade Crackers

Ingredients

1/4 cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted) 1/2 teaspoon salt

tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

Instructions

Using a food processor to mix 1 cup of the flour, 1/2 teaspoon salt and oil. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary, to prevent sticking, dust your hands and the rolling pin with a little more flour. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet). You can score the dough into pieces of your choice if you like, leaving the dough intact. Bake for 10 - 15 minutes in a preheated 400-degree oven, until light brown. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can reuse the parchment paper several times

Chapattis or Indian Flat Bread

Serves 10

INGREDIENTS

2 1/2 cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough) 1 inch salt

INSTRUCTIONS

Mix flour and salt in a large mixing bowl. Make a hole in flour and using your hand, mix in water to make soft dough.

Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour. Heat a cast iron skillet over medium high heat until very hot. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side. Once turned, press gently with a towel, until brown. Repeat until all dough is used.

SPECIAL SEASONING

INGREDIENTS

2 1/2 tablespoons paprika

2 tablespoons salt 2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne pepper

1 tablespoon dried leaf oregano

1 tablespoon dried thyme

INSTRUCTIONS

Place all ingredients into a small bowl. Thoroughly mix with a whisk. Store your Special Seasoning in an airtight jar or container.

RED BEAN SOUP

Serves 6

Ingredients

1 tablespoon olive oil

1 1/2 cups chopped yellow onions

1/4 cup chopped green bell peppers

1 tablespoon minced garlic

4 bay leaves

2 cups dried red kidney beans, soaked overnight

tablespoon Special Seasoning,

quarts vegetable stock

1 teaspoon salt

3 tablespoons chopped parsley

1 cup diced carrots

1 1/2 cups cooked long-grain brown rice, warm

6 tablespoons chopped green onions

Instructions

Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes. Add the beans and cook for 2 minutes.Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans and stir well. To serve, ladle a generous cup of the soup into each of 6 bowls. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

GARDEN VEGETABLE SOUP

Serves 6

Ingredients

4 tablespoons olive oil

2 cups chopped leeks, white part only (from approximately 3 medium leeks)

2 tablespoons finely minced garlic Salt

2 cups carrots, peeled and chopped into rounds (approximately 2 medium)

2 cups peeled and diced potatoes

2 cups fresh green beans, broken or cut into 3/4-inch pieces

2 quarts vegetable broth

4 cups peeled, seeded, and chopped tomatoes

2 ears corn, kernels removed

1/2 teaspoon freshly ground black pepper

1/4 cup packed, chopped fresh parsley leaves

1 - 2 teaspoons freshly squeezed lemon juice

Directions

Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot Add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

SNACK IDEAS

Rice cakes, just plain crunchy patties. Rice cakes with peanut butter and raisins. Almonds. Dried fruit including apricots. Apples dipped in nut butter. Sliced fruit. Veggies with dip. Popped popcorn. Trail mix with nuts, raisins, sunflower seeds, coconut pieces. Dried fruit kabobs. Frozen fruit including grapes, blueberries, strawberries and bananas whole wheat crackers with nut butter. Hummus with flat bread.

STIR FRY VEGETABLES WITH BROWN RICE

Serves 4

Ingredients

1 tablespoon sesame oil

3 green onions, finely chopped

tablespoons fresh ginger, minced

cups fresh broccoli, chopped

1/2-pound fresh green beans, chopped 2 carrots, peeled and sliced on diagonal

2 cloves garlic, minced

4 cups greens, chopped (kale, bok Choy, spinach, collards, etc.)

1 can sliced water chestnuts, drained

3 cups cooked brown rice

2 tablespoons soy sauce

1 1/2 cups peas (if frozen run under water to thaw)

1/2 cup toasted sliced almonds

Instructions

Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute. Add green onions and ginger. Sauté for 5 minutes. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes. Add greens and toss for about 2 minutes or until greens are wilted. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.

Serve as complete meal.

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

BEAN CURRY AND RICE

Serves 8

INGREDIENTS

2 tablespoons olive oil

large white onion, chopped

1/2 cup dry lentils

cloves garlic, minced

tablespoons curry powder

1 teaspoon ground cumin

1 pinch cayenne pepper

1 can crushed tomatoes (28 ounce)

1 can garbanzo beans, drained and rinsed (15 ounce)

1 can kidney beans, drained and rinsed (8 ounce)

1/2 cup raisins

8 cups cooked brown rice salt and pepper to taste

INSTRUCTIONS

Prepare the brown rice according to package directions so you have enough for 8 servings. Heat the oil in a large pot over medium heat and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

BEAN AND RICE CASSEROLE

Serves 4

INGREDIENTS

medium onion, chopped

cup uncooked brown rice

1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed

1 can black beans (15 1/4 - 19 oz), drained and rinsed
1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
1 can stewed tomatoes (14 1/2 - 16 oz), drained
1 can chopped mild chilies (4 oz), drained
10 ounces frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water

INSTRUCTIONS

Preheat oven to 375

In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally. Add rice; cook while stirring until parched and slightly opaque. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice). Add peas and corn, adjust seasonings, and return to oven until heated through.

TOFU BREAKFAST SCRAMBLE

Ingredients

1 box firm tofu
1 zucchini, diced small
1 tomato, diced
1/2 onion, diced
red bell pepper, diced
green onions, finely sliced
1 tablespoon fresh cilantro, minced
1 clove garlic, minced
Salt and pepper to taste / Tomato paste if desired

Instructions

Spray pan with 100% olive oil spray. Add all ingredients and fry until vegetables are soft and ready to eat. Salt and pepper to taste. Serve with tomato paste.

POTATO AND GREEN ONION FRITTATA

Serves 4

Ingredients

1/4 cup olive oil
onion, finely chopped
4-5 green onions, chopped with the green and white parts separated 4
cloves garlic, minced
medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
2 tsp. salt, divided
1/2 tsp. pepper, divided
lb. firm tofu
2-3 Tbsp. soy sauce, to taste

Instructions

In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes. Add the garlic and heat for another 30 seconds. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

APPLE AND OAT PORRIDGE

Ingredients

4 cups water
1 1/2 cups oat bran (not oatmeal)
1 large apple - peeled/cored and chopped into very small pieces 1/3 cup
raisins
1/2 teaspoon ground caraway seeds
1/2 teaspoon cinnamon
1/2 teaspoon salt
Soy milk for serving (optional)

Instructions

In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil. Reduce heat to low and cook for two minutes - stirring often. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften about 5 minutes - stirring occasionally. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.