

## **Spicy Black Bean Vegetable Soup**

"Half of the black beans in this spicy soup are pureed with tomatoes, the other half are simmered with carrots, onion and kernels of corn."

### Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 clove garlic, minced  
2 carrots, chopped  
2 teaspoons chili powder  
1 teaspoon ground cumin  
4 cups vegetable stock  
2 (15 ounce) cans black beans, rinsed and drained  
1 (8.75 ounce) can whole kernel corn  
1/4 teaspoon ground black pepper  
1 (14.5 ounce) can stewed tomatoes

### Directions

1. In large saucepan, heat oil over medium heat; cook onion, garlic, and carrots, stirring occasionally, for 5 minutes or until onion is softened. Add chili powder and cumin; cook, stirring, for 1 minute. Add stock, 1 can of the beans, corn, and pepper; bring to boil.
2. Meanwhile, in food processor or blender, puree together tomatoes and remaining can of beans; add to pot. Reduce heat, cover, and simmer for 10 to 15 minutes or until carrots are tender.

## **Black Bean Quesadillas**

### Ingredients

1 (15 ounce) can great Northern beans, drained and rinsed  
3/4 cup diced tomatoes  
1 clove garlic  
1/3 cup nutritional yeast  
1 teaspoon ground cumin  
1/4 teaspoon chili powder  
salt to taste  
1 pinch cayenne pepper, or to taste  
1/2 cup black beans, drained and rinsed  
1/4 cup diced tomatoes  
1 tablespoon olive oil, or as needed  
8 whole grain tortillas  
cooking spray

### Directions

Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture. Heat olive oil in a skillet over medium-high heat. Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla. Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes. Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

## Vegan Slow Cooker Chili

"Makes 10-15 servings. This recipe can be adjusted according to your taste preferences, so you can leave out undesirable ingredients or add others that appeal to you (like mushrooms). I add ingredients just to bulk up the heartiness and color palate of the chili, but feel free to just use a few green peppers or same-colored zucchinis as you desire. By the end, you just want everything to be hearty, moist, and flavored -- mess around with it as you go! I would say to serve it with shredded cheese and corn chips, but then it's no longer 'vegan.' :)"

### Ingredients

- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 (6 ounce) cans tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup vegetable broth, or more if needed

### Directions

Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture into a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour the tomato sauce and vegetable broth over the ingredients. Set the cooker on Low, and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1 to 2 hours to blend the flavors.

## **Daniel Fast Cabbage Soup**

Makes 6–8 servings

### INGREDIENTS

- ½ cup olive oil
- 1 yellow onion, chopped
- 4–5 cloves garlic, minced
- 1 red bell pepper, diced large
- 4 stalks celery, chopped
- 1 head green cabbage, cored and sliced
- 2 quarts vegetable stock
- 3 carrots, cut into ½-inch pieces
- 2 cups green beans, cut into ½-inch pieces
- 1 can (15 ounces) diced tomatoes, with juice
- 1 cup brown rice
- 2 tablespoons Italian herbs
- Salt and freshly ground black pepper

1. Heat the olive oil in a large soup or stock pan over medium heat; add the onion, garlic, bell pepper, and celery; sauté until the pepper and celery begin to soften.

2. Add the cabbage, vegetable stock, carrots, green beans, diced tomatoes, rice, and Italian herbs. Adjust heat to a simmer level for the soup.

3. Adjust seasoning with the salt and pepper to taste. Simmer for about 40 minutes or until the rice is cooked and the carrots are tender.

4. Adjust seasoning one more time and serve.

This freezes very well! I like to make ahead and store in single servings in the freezer.

## **Black Bean and Brown Rice Stuffed Peppers**

### INGREDIENTS

- 2 cans (15 ounces each) black beans, drained
- 3 cups cooked brown rice, divided
- 1 cup frozen corn kernels, thawed
- 2 scallions, sliced
- ¼ cup chopped fresh cilantro
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- Salt and freshly ground pepper to taste
- 2–3 large bell peppers, cut in half lengthwise and cored
- 2 cups 100% vegetable or tomato juice. Preheat the oven to 350 degrees.

2. Using a large bowl, gently combine the beans, 1 cup of the brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper to taste.

3. Place the pepper halves in a large glass baking dish and stuff them with the bean and rice mixture.

4. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45–60 minutes.

5. To serve, place about ½ cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice, and then place a stuffed pepper on top of the rice.

6. Serve hot.

Makes 4 servings

## **Spinach & Fruit Smoothie**

3C ice cubes  
2C baby spinach leaves  
1 7oz can crushed pineapple or fresh pineapple  
1/2C water or amount to preferred taste  
1 banana broken into chunks  
1 orange peeled and segmented  
10 fresh mint leaves or more to taste  
1 lemon juiced  
1 lime juiced

Blend all until smooth in blender or smoothie maker.  
Enjoy!

## **Fruit Spice Oatmeal**

3/4 C old fashioned rolled oats  
1/2 tsp ground cinnamon or to taste  
1/4 C dried cranberries (or fruit of choice)  
1/2 C frozen blueberries (or fruit of choice)  
1/4 tsp ground turmeric (optional)  
1 pinch ground ginger (optional)  
1C water  
1/4 C squeezed orange juice (or juice of choice)

Mix all ingredients except orange juice.  
Microwave on high for 2 minutes  
Stir in orange juice to desired consistency

Enjoy!

## Healthy Granola

### Ingredients:

- 1 1/2 cups rolled oats
- 1/2 cup unsweetened applesauce
- 1/4 cup unsweetened shredded coconut
- 1/4 cup chopped pecans
- 1 tsp cinnamon
- Dash of salt (optional)
- 1 T coconut oil
- 3 dates chopped
- 3T each flax seed, chia seeds, hemp seeds ( optional, can mix and substitute)

### Directions:

1. Pre-heat oven to 325°.
2. Place parchment paper on cookie sheet.
3. In large bowl mix applesauce, cinnamon, salt and melted coconut oil.
4. Add in rest of ingredients and mix well.
5. Spread out evenly on cookie sheet.
6. Bake 12 minutes, turn. Bake an additional 9-12 minutes until oats and coconut are lightly golden brown but not burnt.
7. Cool completely before storing in air tight container. Stores well for a week.

So many options... When not fasting I eat with yogurt or on n'ice cream (aka frozen mashed bananas) or by itself as a snack.

For the fast it makes a great protein rich breakfast, I eat with 1/2 banana and or 1/2 c mixed berries.

## Vegan Enchilada Casserole

### Ingredients :

- 8-ounces dry fusilli pasta (3.5 cups dry noodles or half a 16-oz package)\*
- 1 tsp olive oil
- 1 red onion, chopped
- 1 medium jalapeno pepper, seeded and chopped\*
- 3 bell peppers (I used 1 red, 1 orange, and 1 yellow), chopped
- 1-3 tbsp taco seasoning mix (I used my homemade taco seasoning), to taste
- 1 can black beans (or 2 cups cooked), drained and rinsed
- 1.5-2 cups homemade enchilada sauce (see above, or use store-bought)
- 1/3-1/2 cup Daiya cheese (or other non-dairy cheese)
- 1 cup chopped green onions
- salt & pepper, to taste
- 20 tortilla chips (about 2 handfuls), crushed
- Avocado, salsa, sour cream, etc, to garnish

1. Preheat oven to 350F and grab a 2-quart casserole dish. Add dry pasta to a pot of boiling water and cook for 7-8 minutes. Be careful not to overcook the pasta or it will get mushy in the casserole. Drain and rinse with cold water to stop the cooking process.

2. In a large skillet, sauté the chopped onion, jalapeno, and peppers in the olive oil over medium heat for about 7-8 mins.

3. Add the taco seasoning, drained and rinsed black beans, and 1 cup of the enchilada sauce. Stir well and cook for another 5 mins.

4. Stir in the cheese, pasta, and chopped green onion. Season with salt and pepper to taste and adjust seasonings if necessary.

5. Spread 1/2 cup of enchilada sauce over the bottom of the casserole dish. Scoop on the skillet mixture and spread out evenly. Spoon on the rest of the sauce on top and sprinkle with cheese.

6. Bake for 15-20 mins at 350F until heated through. Sprinkle with crushed nacho chips, chopped avocado, salsa, and sour cream if desired just before serving. Serve with a big green salad and nacho chips.

Note 1: Be sure not to handle the jalapeno seeds as they can make your fingers (and anything you touch) sting badly. You can also wear plastic gloves too.

Note: Want a burrito filling and not a casserole? Try subbing the pasta for brown rice

## Potato and White Bean Soup with Kale

Prep Time 17 minutes

Cook Time 26 minutes

Total Time 43 minutes

Servings 6

### Ingredients

- 3 tbsp olive oil
- 2 onions, chopped
- 6 cloves garlic, minced
- 3/4 tsp salt
- 1/2 tsp black pepper
- 1 lb potatoes, peeled and cut into 1/2" cubes
- 4 cups reduced-sodium chicken broth, divided
- 1 16- oz can cannellini beans, drained and rinsed
- 1 cup unsweetened unflavored almond milk
- Salt and pepper, to taste
- 1/2 tsp red pepper flakes, optional
- 1/4 tsp dried oregano, to taste
- 1/4 tsp paprika, to taste
- 1/8 tsp dried dill, to taste
- 4 cups kale leaves, packed
- Extra-virgin olive oil for drizzling

### Instructions

1. Add olive oil to a large pot set over medium-high heat. Once hot, add onions and let cook for 2-3 minutes.
2. Add minced garlic, salt, and pepper and stir. Let cook for another 2-3 minutes. Add the potatoes, saute for a minute or two, and then pour 2 cups of broth in the pot. Stir.
3. After 7-8 minutes, add the cannellini beans, stir, and cook for another 3-4 minutes.
4. Carefully transfer hot soup mixture to a blender and puree until smooth. Alternatively you can use an immersion blender for this step if you have one. Once pureed, return soup to the pot and set it over medium to medium-low heat.
5. Add remaining 2 cups of broth and the almond milk and stir until combined.
6. At this point take a taste and see how the flavor is. I added additional salt and pepper, red pepper flakes, oregano, paprika, and dill as listed in the recipe ingredients above. Add your favorite herbs and spices in the quantities that you prefer.
7. Once seasoned to your liking, add kale and give the soup a stir. Let cook for a few minutes as the kale leaves wilt. Serve at this time, or reduce heat and let the soup simmer as the flavors meld until ready to serve.

## **Corn & Black Bean Salad**

1 1/2 C corn (fresh or frozen)  
1/3 C pine nuts  
1/4 C lime juice  
2 T extra virgin olive oil  
1/4 C chopped fresh cilantro  
2 14.5oz cans black beans rinsed  
2 C shredded red cabbage  
1 large tomato diced  
1/2 C minced onion

Place pine nuts in small dry skillet, heat over low heat until fragrant and lightly brown (@2-4 min)

Whisk lime juice, oil, cilantro, salt / pepper dash in large bowl. Add corn, nuts, cabbage, tomato, onion and stir to coat the mixture.

Refrigerate until serving with a Daniel friendly cracker

## **Lentil - Vegetable Soup**

Serves 8

1 T extra virgin olive oil  
1 C chopped zucchini  
1 C peas  
1/2 C chopped carrots  
1/2 C chopped celery  
1/2 C chopped onion  
2 cloves garlic minced  
6C water  
1 14.5oz can diced tomatoes undrained  
1 C dry lentils rinsed and sorted  
1 tsp salt (optional)  
1/2 tsp dried thyme  
1/8 tsp pepper  
Chopped fresh parsley to taste

Heat olive oil in large saucepan over medium heat add zucchini, peas, carrots, celery, onions and cook until vegetables are softened.

Stir in garlic cook for 30 seconds stirring so garlic doesn't burn- then pour in water, tomatoes, and lentils.

Add salt, thyme, and pepper stirring frequently- heat to boiling. Then reduce heat/ simmer with lid slightly tilted for 30 minutes.

Sprinkle in parsley before serving.

Note: vegetables and various beans can be substituted/interchanged for preference of taste and variety of meals.