

BREAKING THE FAST (14 days or longer)

1. Eat a soup dish for the **first** and **second meal** after the fast (no bread or potato dishes).
2. The **third meal** should be salads, fresh vegetables or greens.
3. Solid foods such as meats, rice, potatoes, pastas (macaroni), etc. should only be eaten in **small amounts** on the **second or third day** after breaking the fast.

NOTE: The longer the period fasting, the more soft/soup dishes should be used when breaking it.

KINGDOM VEGETABLE SOUP

Ingredients:

1 Cup Carrots (Diced)	1 Cup Cauliflower
1 Cup Broccoli	2 Cups Cabbage (Sliced Fine)
1 Cup Spinach (Optional)	1 Cup Winter Squash (Optional)
3 Ripe Tomatoes (Diced)	1 Small Red Onion (Diced)
3 Garlic Cloves (Crushed)	1 Small Yellow Onion
4 Tablespoons Olive Oil	4 Cups Chicken Broth
4 Cups Water	4 Bay Leaves
1 Cup Bell Pepper (Diced) Red/Green/Yellow	Salt To Taste
1 Stalk Celery with Leaves (Chopped)	

Method:

Heat Olive Oil in a Large Soup Pot (Med Heat)
Add Onions and Garlic (Simmer 3 Mins.)
Add Tomatoes and Celery (Simmer 2 Mins.)
Add Chicken Broth and Water (Bring to Boil)
Add Vegetables and Bay Leaves
Salt to Taste, Cover and Cook for 30 Mins.

Serves 8 To 10 Persons