

# Daniel Fast Overview

## WHAT IS THE DANIEL FAST?

*The Daniel Fast is based on verses from the Bible found in Daniel 10:2-3. "At that time, I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips, and I used no lotions at all until the three weeks were over." These three weeks refer to the observance of Passover and the Feast of Unleavened Bread, which take place during the first month of the year (Exodus 12:1-20).*

*Some also may cite the example in Daniel 1:8. However, in this verse Daniel did not want to eat the king's delicacies because it would have included food that was forbidden by the Mosaic Law (Leviticus 11); to eat it would be defiling his body. Another reason would have been because the king's meats had probably been dedicated to the false Babylonian idols as was their practice. Daniel believed to do so would have been to acknowledge their idols as deities, against God's commandments.*

*The Daniel Fast is a spiritual discipline designed to better connect us with God. As members of Harvest of Praise Ministry, we will begin the fast on March 1, 2020 and we are encouraging others to "fast" along with us for 21 days. We are using this time to deepen our relationship with God and to center ourselves around what God is going to do in our church and in our lives.*

**Who:** The entire Harvest of Praise Ministry staff will participate in the fast and we encourage the Church family to participate as God leads and directs each person individually and families collectively.

**When:** Sunday, March 1, 2020 - Saturday, March 21, 2020

**What:** The Daniel Fast is a partial fast, which means that we will eliminate some common things from our daily diet but, we 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.

**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. However, to keep it simple, we have included in this packet what the staff of Harvest of Praise Ministry, will be doing during the fast. This fast will require preparation as most meals will be made from scratch. We will have some recipes available at the end of the page.

We believe that prayer will get you more connected to God and fasting will help you get less connected to the things that we make more important than God. There really is no better way to reset our spiritual compass and bring about refreshing in every area of our lives. We pray that God will bring spiritual breakthrough in areas where you are desiring personal breakthrough, but we are also praying that God will bring breakthrough in the ministries of Harvest of Praise Ministry, specifically in these six areas:

1. Individual Evangelism
2. Growth of our Worship Service & Prayer Ministry
3. An outpouring/awakening of God's presence in the church
4. Signs, Wonders, & Miracles in our church and community
5. Spiritual impact of our Global missions' partners
6. Financial outpouring to fund God's purposes

***We encourage you to take this journey with us and see what God will do in the next 21 days!***

*Our prayer for you over the 21 days is that your passion for God and His Word will be ignited  
and that you will develop a hunger for His presence that is greater than ever before!  
Don't ever settle for anything less than a life full of passion and spiritual zeal for God.  
Keep the fire for God burning in your heart and do whatever it takes to feed your spiritual hunger for God.*

Each day during your fast, we encourage you to keep a daily journal. Utilize the **“FEAST while you FAST”** companion and write any revelations that God gives you about yourself and about life in general.

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

### **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 Coconuts Limes, Pineapples, Apricots, Cranberries, Mangoes, Plums, Avocados, Dates, Melons, Prunes, Bananas, Figs, Mulberry, Raisins, Berries, Grapefruit, Nectarines, Raspberries, Blackberries, Grapes, Oats, Strawberries, Blueberries, Grenadine, Olives, Tangelos, Boysenberries, Guava, Oranges, Tangerines, Breadfruit, Honeydew, Melons, Papayas, Watermelon, Cantaloupe, Kiwi, Peaches, Cherries, Lemons, & Pears

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

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

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

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

**Liquids:** Water (spring, distilled, filtered), Herbal (caffeine free), Tea, Unsweetened Soymilk, & 100% Fruit/Vegetable Juice (no added sugar)

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

### **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, & Mayonnaise

## 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 fact's 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 a whole grain product.

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

**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.

**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.

## 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 1/2 cup whole grain flour 1 tsp. cinnamon 1/4 cup shredded coconut 1 cup sunflower seeds 1/2 cup wheat germ or other whole grain bran 3/4 - 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, unsulfured dehydrated fruit.

### Apple Blueberry Oatmeal Cereal

2 sweet apples 3/4 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, or serve over 100% whole wheat pasta, or over brown rice.

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 a 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 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 cup cabbage 1 1/2 cups of garbanzo beans 1/4 tsp. oregano 2 cups red kidney beans 3/4 tsp. basil 1/2 cup carrots 1/4 tsp. thyme 3 medium tomatoes (or 1-14 oz can of 1/2 cup celery unsweetened, unsalted Italian tomatoes) 1/2 cup onion 1/2 cup fresh parsley 1 clove garlic Sea salt 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 57 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**

1 pound black beans, soaked overnight, rinsed & drained 2 garlic cloves 8 cups vegetable stock 1 Tbsp. olive oil 1 whole onion, 2 Tbsp. cilantro 2 bay leaves 1 Tbsp. parsley 1 1/2 cups onion 2 Tbsp. marjoram 1 yellow or red pepper 1 tsp. honey 1 cup celery Sea salt 1 potato 1 cup carrots

Place beans in pot with vegetable stock, whole onion and bay leaves. Bring to a boil and cook 2 1/2 hours 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.

## **Stir Fry Vegetables**

1 red onion, sliced 3 carrots, peeled and sliced 3 stalks celery, thinly sliced 1/2 cup cauliflower, chopped 1/2 cup broccoli, chopped 1 cup zucchini, thinly sliced 1 bell pepper, sliced 1 cup yellow squash, thinly sliced 1 tsp. sea salt 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.

## **White Beans and Sautéed Vegetables**

2 cans white beans, drained 1/2 cup celery, finely diced 2 tablespoons olive oil 1/2 cup carrot, finely diced 1/2 cup yellow onion, chopped 1/4 cup virgin olive oil (to drizzle after beans are dished up) 2 cloves garlic, minced 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 old pure olive oil - save the costlier 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.

### **Spanish Rice**

1 cup tomato juice 2 small garlic cloves 1 cup vegetable stock 2 tsp. chives 1 cup brown rice 1/3 cup grated carrot 1 medium tomato, diced 1 tsp. oregano 1/3 cup green pepper 1 tsp. basil 1/3 cup celery 1 tsp. sea salt 1/3 cup onion

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 minutes. Remove from heat and add the remaining ingredients. Replace cover and simmer for 15-20 minutes.

### **Rice-stuffed tomatoes**

6 large tomatoes Dressing: 1/2 cup raisins 1/4 cup olive oil 2 Tbsp. chopped green pepper 1 Tbsp. ketchup (with no added sugar) 2 Tbsp. green onions 1 tsp. chili powder (optional) 2 cups cooked brown rice 2 Tbsp. lemon juice 2 Tbsp. parsley 1/2 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, raisins, green pepper, onion, rice, 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 1/2 cup yellow raisins 2 stalks celery, minced (1/2 cup) 1/2 cup vegetable broth 1 medium onion, minced 5 oz tofu, mashed 1 tsp. salt, divided 2 Tbs. fresh flat leaf parsley 1 clove garlic, minced (1 tsp.) 3 red bell peppers, halved lengthwise 2 cups cooked brown rice

Preheat oven to 400 degrees Heat oil in pan over medium heat. Add celery, onion, 1/2 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, 1/2 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 (14 1/2-ounce) can diced tomatoes 1 medium onion, chopped 1 pound lentils (approximately 1 1/4 cups) 2 carrots, peeled and chopped 2/3 cup pearl barley 2 celery stalks, chopped 1 1/2 cups vegetable broth (substitute water) 2 garlic cloves, chopped 4 to 6 fresh thyme sprigs Salt

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 tablespoons olive oil 1/4 teaspoon ground red peppers 2 medium-sized green peppers, chopped 2 cups corn kernels (fresh or frozen) 1 medium-sized yellow onion, chopped 2 16 oz. cans tomatoes (juice and all) 1

zucchini, sliced 2 16 oz. cans pinto beans (juice and all) 1 yellow squash, sliced 2 16 oz. cans black beans (juice and all) 2 tablespoons chili powder 1 4 oz. can mild green chilies 3/4 teaspoon salt 1 4 oz. can of tomato paste

Sauté the peppers and onions in oil. 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 5

### **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 all ingredients 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 1/2 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 tbsp. oil 1/4 tsp ground cinnamon 1 cup chopped onion 2 garlic clove, minced 1/2 cup chopped celery 2 cups organic mushroom broth 2 cups warm water 1 1/2 cups chopped and seeded plum tomatoes Pinch of

saffron threads 1/2 cup dried small red lentils 1/2 tsp salt, divided 2 15 oz. cans no-salt-added chickpeas, drained 1/4 tsp peeled fresh ginger, minced 3 tbsp. chopped fresh cilantro 1/4 tsp ground red pepper 3 tbsp. 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

### **Greek Vegetable Stew**

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

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.

### **Vegetable Stock**

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

### **Rice, Black Beans and Corn**

1 can Black beans, drained homemade salsa (see below) 1 can of corn, drained corn tortilla c long grain rice, cooked avocado

Combine 1 can Black beans drained and 1 can of corn drained. Heat and place on top of long grain rice (cooked). Top with homemade salsa. Serve with corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips. Serve with sliced avocados.

Homemade Salsa 2 tomatoes diced squirt of lime 1 onions diced tad bit of salt Cilantro 1 jalapeno minced clove of garlic minced 1/2 of an avocado diced Mix all ingredients together.

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

1 qt 100% Vegetable or Tomato Juice 2 Tbsp extra virgin olive oil 2 cups cooked black beans 1 clove garlic (finely chopped) 1 cup cooked brown rice 2 Tbsp lime juice 2 med green onions (chopped) 2-3 large bell peppers (cut in half lengthwise & 1/4 cup fresh cilantro (chopped) 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.

### **Brown Rice**

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

Make the desired amount of brown rice. Dice the onion and tomato. Heat pan with olive oil. Mix in tomato, onions, corn, sweet peas, thyme, 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 and enjoy as is.

### **Veggie Soup**

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

Add all ingredients to a slow cooker or large pot on the stove top. Add enough water to cover the ingredients and cook for 3-4 hrs. You could also add mushrooms or other veggies you enjoy.

### **Leek and Potato Soup**

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

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

### **Black Bean Soup**

Canned black beans 1 jar of all-natural salsa Vegetable broth Chopped jalapeno Crushed garlic Chopped cilantro Large onion, chopped

Combine all ingredients in a large pot and cook on stove. Amount of broth depends on how chunky you like your soup.

### **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

Cook rice in a rice cooker. The rest of the ingredients go in crock pot for five hours on medium to 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. raisins 1 tsp salt

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

## **Rice and Chickpeas**

1 cup rice 1 can chickpeas 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 at medium

## **Brown Rice Dinner**

1 cup of brown rice 2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes. Halfway 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 and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

## **Salads/Dressings**

### **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 servings

**Strawberry-Melon Spinach Salad** 3 cups bite-size pieces fresh spinach Optional 1/2 cup sliced oranges 1/2 cup sliced strawberries 2 medium green onions, sliced 1/2 cup cubed cantaloupe

**Strawberry-Melon Spinach Salad Dressing:** 1 tablespoon orange juice 1 tablespoon honey (if you are allowing honey) 1 1/2 teaspoon olive oil

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

**Avocado Tomato Dressing** 2 ripe avocados, peeled and pitted 1/4 cup fresh lemon juice 1 medium ripe tomato Sea salt to taste 1 tsp. herb seasoning

**Creamy Green Dressing** 1/2 medium ripe avocado, peeled and pitted 1 1/4 tsp. onion powder or flakes 3/4 cup distilled water 1/4 tsp. garlic powder 3 tablespoons fresh lemon juice Sea salt 1/4 cup almonds, soaked overnight and drained

**Pesto Dressing** 4 small garlic cloves, peeled Sea salt 2 2/3 cup tightly packed fresh basil leaves 1/3 cup cold-pressed extra virgin olive oil 1/3 cup pine nuts

**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 1/2 tsp dry mustard (optional) 1/2 tsp dried basil (if using fresh, use twice as much) 1/2 cup fresh Italian parsley, minced 1 tsp. dried oregano 1 cup olive oil 1/4 tsp sea salt 1 garlic clove, peeled and minced

**Combine all ingredients in a jar and shake.**

**Italian Dressing** 1/2 cup olive oil /2 cup distilled water 1/4 cup fresh lemon juice 1 green onion, chopped 1-2 garlic cloves, peeled 1 tsp honey 1 tsp whole grain mustard seed (optional) 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 1/2 tsp. basil. Mix well.**

**French Dressing** 1 cup olive oil 1 Tbsp paprika 1/3 cup fresh lemon juice 1 Tbsp onion powder 1/3 cup honey 1/2 tsp garlic powder 3/4 cup salt free tomato puree Sea salt

**Place all ingredients in a blender and blend on high for 30 seconds.**