



## Daniel Fast Recipe List

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**Breakfast:** Unsweetened cooked oatmeal with any fresh or frozen fruit on top. Can add chopped pecans. Unsweetened soy, rice, or almond milk.

## Barbara's Rice, Black Beans and Corn

### Ingredients

1 can Organic Black beans drained  
1 can of Organic corn drained  
organic long grain rice  
organic corn tortilla  
salsa  
avocado

### Instructions:

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) really good! Serve with sliced avocados on the side OR finger peppers (they aren't real hot)

### **Karen's Tabouleh**

#### **Ingredients**

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

#### **Instructions:**

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  
mixture should look red white and green like the Lebanese Flag...enjoy!

### **Nakia's Tasty Veggie Wraps Daniel Fast Recipe**

#### **Ingredients**

1 package of Broccoli/Carrot Slaw Mix (shredded broccoli, carrots, and purple cabbage)  
1 TBSP of olive oil  
1 tsp of soy sauce  
1/4 tsp ea. of Thyme, Rosemary, and Garlic Powder  
4 Whole Grain Wheat wraps

#### **Instructions:**

- 1) Place oil in warm skillet
- 2) Add shredded mixture and sauté
- 3) Add seasonings
- 4) Add soy sauce or salted water to coat
- 5) Cook vegetables until they are your desired texture
- 6) Remove vegetables and place on a reserved plate.
- 7) Add more oil to skillet if necessary to brown both sides of your whole wheat wraps if desired
- 8) Place vegetables in each warmed wrap. Eat and Enjoy!!

### **Grace's Golden Carrot Soup Daniel Fast Recipe**

#### **Ingredients**

2 tablespoons olive oil  
1 large onion, chopped about 2 cups  
3 stalks celery chopped about 1 cup  
1 package 16 oz. bag of fresh sliced carrots, about 4 cups  
1 quart vegetable broth, 32 oz carton  
1 teaspoon poultry seasoning  
1 teaspoon dried basil  
2 teaspoons chopped garlic, jar ok  
1/2 teaspoon pepper  
1 teaspoon salt

#### **Instructions:**

In a large pot put olive oil and sauté onion, celery, carrots, garlic and all the seasonings for about 10 minutes. Then add the vegetable broth. Cover and simmer for about 25 min or until carrots are tender. With a hand held blender, cream the soup. If you do not have an hand held blender, spoon into a regular blender. Blend half at a time. Be careful this is hot stuff. Serves 6.

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

#### **Ingredients:**

1 qt 100% Vegetable or Tomato Juice  
2 cups cooked black beans  
1 cup cooked brown rice  
2 med green onions (chopped)  
¼ 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)

#### **Instructions:**

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. Enjoy!

### **Maria's Curry Brown Rice**

#### **Ingredients:**

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

#### **Instructions:**

1. Make the desired amount of brown rice.
2. Dice the onion and tomato.
3. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry.
4. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan.
5. Add already cooked brown rice.
6. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

### **Angela's Veggie Soup**

#### **Ingredients:**

1 28oz. can diced or crushed tomatoes  
1 6oz. can tomato paste  
1 can of tomato sauce  
1 can (drained)of corn, green beans, potatoes, English peas, carrots.  
Salt and pepper 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 hrs or on stove top. Could also add mushrooms or other veggies you enjoy just be creative.

### **Cathy's Leek and Potato Soup Daniel Fast Recipe**

#### **Ingredients:**

1 tsp crushed fennel seeds  
1 tsp ground pepper  
2 cloves garlic  
2 tbsp olive oil  
4 pints vegetable stock (you can use just water as long as everything is seasoned well)  
2 lbs leeks (trimmed, cleaned, sliced)

2 lbs potatoes (cleaned, cut into cubes)

**Instructions:**

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

**Ki's Stir Fry Brown Rice with Vegetables**

**Ingredients**

- 1 box of instant brown rice (or bag brown rice)
- Vegetables to stir fry (either fresh or frozen)
- Canola Oil
- Olive Oil
- Soy Sauce (Many avoid soy sauce because it is fermented and may contain MSG. Substitute salt to taste)
- Peanuts

**Instructions:**

Cook your rice according to package (I season my rice as well when I cook).  
Heat Wok on Med. High heat add 1/4 cup of Canola Oil (more or less). Give a minute for oil to get hot.

Place raw onions in now, if you are adding to recipe, also garlic for taste.  
Pour the cooked rice into Wok and stir for 4 minutes.  
Add Soy Sauce or salt to taste.

Pour rice back into container it was cooked in and set aside.  
Now add 1/4 cup Olive Oil to hot Wok again.  
Then add the vegetables and lots of whatever seasonings you like.  
Stir until done add peanuts right before serving.

**George's Homemade Cilantro Soup**

**Ingredients**

- 2 bunches fresh chopped Cilantro
  - 10 carrots chopped and the juice of 1/2 squeezed lemon
  - 15 brussel spouts quartered
  - 1 large sweet onion chopped
  - 8 chicken or vegetable bullion cubes with 8 cups water
  - 4 tsp garlic salt
  - 1 large can tomato sauce
  - 10 chopped habanero garlicks or a chopped jalpeno
- Bring almost to a boil and simmer for 1 hour

**Lola's Black bean soup Daniel Fast Recipe**

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 jalapeño, chopped Cilantro. Combine all ingredients and enjoy. For a large batch I usually use about 5 cans of beans. Amount of broth depends on how chunky you like your soup.

### **Herb-Roasted Idaho Potato Fries recipe** Makes 4 servings

#### **Ingredients:**

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  
1/8 tsp freshly ground black pepper

#### **Instructions:**

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.

### **Scarlett Potatoes Daniel Fast recipe**

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt. Drizzle w/ Olive oil

### **Hot water cornbread recipe**

White or yellow corn meal, hot water, raw sugar  
stir it up very well. Put in skillet with olive oil.

### **Rice, Green Beans & 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 1/2 cups water

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

### **Vegetable Soup & 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 ingredient 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. Sserve 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 at medium

### **Popcorn**

1/4 cup unpopped 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. Enjoy! More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped 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
- 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)
- our addition: 2 cups of ice cubes - makes it like a frozen ice drink.

Mix all in a blender, and serve. Serves 2

### **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
- a pinch of pepper to taste

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

### **Daniel Fast Tea**

The Lipton Teas that are natural, are great for the Daniel Fast.

### **Salads and Salad Dressing Fruit 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(2 tablespoons)

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