

# The Daniel Fast Cookbook

The 2008 Edition



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## Introduction

I hope this collection of recipes will serve you well as you experience this powerful and enlightening time of fasting. I have included a variety of recipes that I think you will enjoy and a range to keep your meals interesting for you and your family.

Please keep in mind that some of these recipes call for sweeteners or cheese in their original forms, but have been altered for the Daniel Fast. So you may miss some of the sweetness you are accustomed to, or say to yourself, “This sure would be a lot better with some cheddar cheese!” That’s all part of fasting – restricting food for a spiritual purpose. You can add those flavors back in after the fast, but for now it’s okay to do without.

Also, I usually double the recipes and then either use leftovers for lunches or other meals. These recipes will last several days in the refrigerator and several weeks in the freezer.

I do the same with salads. Just leave all dressings and seasonings off recipes that include lettuce. Prepare everything in advance, and then toss with the dressing just before serving. That will keep everything fresh and crisp.

One other tip: you might find yourself taking more time in the kitchen as you prepare these meals. Use this time to “increase.” Either in relationships with your family members as you have fun creating meals together; increase with the Lord by listening to the audio Bible or Christian teachings; or you might want to use the time to memorize or confess Scriptures. Make your meal preparation unto the Lord and watch as He rewards you as you diligently seek Him.

Finally, please keep an eye out for emails from me as I send new recipes to add to the collection. If you have favorite recipes, or modifications to any of these, please send them to me along with your name and your hometown and state. I will broadcast your recipe ideas to others who have this cookbook so we can all share in the bounty of what the Lord is showing us!

God bless you and thank you for your support as I take up this challenge to get the word out about the Daniel Fast and the supernatural value of prayer and fasting.

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## The Daniel Fast – A Whole Body Experience

The Daniel Fast brings health to every part of you! You are a spirit, you have a soul, and you live in a body. And the Daniel Fast is an excellent tool to bring increase and goodness to all of who you are!

There is a lot of confusion about the makeup of our beings. Yet once understood, one is amazed at the clarity in the Scriptures and the ease it brings to living!

Your **spirit** is the inner-most part of you. It is the God-centered essence where Christ abides. Jesus addressed the two parts of us in John 3:5-7. Jesus answered, *"I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again.'"* Your mother didn't give birth to your spirit and your father didn't provide the sperm (seed) for your spirit. Only God can give birth to your spirit.

The **soul** (also called the flesh) is the non-material part of you that was born from your mother and of the seed from your father. Your soul is the seat of our conscience, emotions, intellect and will. Your soul cannot perceive truths from the Spirit of God. Your soul can be transformed to the degree that you renew your mind, change your attitudes, and conform to the Word of God. This should happen, and it's in the process of happening, but it didn't happen automatically when you accepted the truth of Christ into your life.

The **body** is easy to understand. You can see it! It is the physical place where our spirit and soul live.

The Daniel Fast is experienced by all three parts of us and brings health to those parts. As a spiritual exercise, we turn our attention to spiritual truths. In doing so, our spirits become stronger. In Matthew 4:3-4 we read about Jesus being tempted by Satan, *"The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'" Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*

Our spirits are fed from the Word of God. So during the Daniel Fast, many will give extra food to their spirits by increasing the time and attention they give to God's Word.

Meanwhile, it is the soul that will bring up the fight during the Fast. You will experience this fight when you have to make a choice to push through the hunger pangs and the cravings. Or when you want to have "just one little bite of that bread," even though it's against the fasting guidelines . . . after-all, no one is looking!

## The Daniel Fast – A Whole Body Experience, continued

The choice to push through and "quiet the soul" is your spirit taking precedence over your soul -- or another way of saying it is "living a spirit-led life." One of the primary benefits of the Fast is that your soul gets "put in its place," which is under the control of your spirit. What controls your spirit? God and His Word!

Finally, the body. It will do some kicking and screaming, at first. The body will want the usual amount of food . . . and when it doesn't get it, it will send out hunger pangs to the brain (the soul receives those messages). When your body doesn't get the caffeine it has come so used to, it might send out an alert by way of a headache!

But soon, the body too will come into line and benefit from the goodness of the foods in the Daniel Fast. In fact, you might even get some rebellion from our body after the fast when you introduce foods that it's kind of liked doing without!

During the Fast your body will begin working more efficiently as it receives foods more easily digested, lots of refreshing water, and no artificial chemicals!

So the Daniel Fast is a whole-body-experience! It brings health and strength to the spirit, it brings health and control to the soul, and it brings health and good foods to the body!

## The Daniel Fast is ALWAYS a Spiritual Fast

The copy below is from a blog I wrote on The Daniel Fast weblog at:

<http://DanielFast.wordpress.com>

I thought it made an important point so I am adding to the cookbook.

Okay, I might get some raised eyebrows on this post! But I'm just trying to bring some clarity about the Daniel Fast. And by the way, it's a Daniel FAST and not a Daniel DIET!

Why am I making such a distinction? The reality is that the Daniel Fast is much more than the types of food consumed. If you are looking for the Daniel Diet then click on the food list and call it a "twist" on a vegan diet.

Entering the Daniel Fast without a spiritual purpose is like going golfing without clubs. You may have had a great time walking around the course and even yelling, "Fore!" But the reality is that you really weren't golfing. You were doing something else . . . which is fine, but it wasn't golfing.

You see, the Daniel Fast originated with the prophet Daniel! And the reason Daniel fasted was because of his devotion to God. The devotion came before the dietary restrictions, not the other way around.

Daniel records three times when he fasted, but he most likely did so more often. The first fast was recorded in Daniel 1. The food and wine the king wanted Daniel to eat had been offered to idols. However, he had already consecrated (set apart) his life to God. If he ate or drank of these things, he would defile his body. So that's why Daniel requested that he eat only vegetables (which actually included fruit) and drink only water.

Chapter 9 has the second recorded time of Daniel fasting and when he was deeply distraught over the nation of Israel being in exile. Jeremiah had already prophesied that Israel would be set free after 70 years of captivity. The time had come and so Daniel prayed and fasted. This time, it was probably what is called a "normal fast," which is water only.

Chapter 10 has the third recorded time of Daniel fasting. He was concerned about a powerful dream he had received. The Scripture says he mourned for three weeks and ate no delicacies and no meat and drank no wine. This three week fast is the hub of the current day's form of fasting commonly known as the Daniel Fast.

## The Daniel Fast is ALWAYS a Spiritual Fast, cont.

You can see that in all three instances, Daniel fasted for spiritual reasons. Once to stay pure before the Lord and two times to seek the Lord's wisdom, direction and answers to prayer.

Daniel didn't fast because he was overweight or needed a health tune-up. He fasted because of God in his life.

Now, please don't get me wrong. I am all for healthy eating and losing weight and even the wonderful health benefits of the Daniel Fast. But to call eating the way Daniel did a "fast" without a primary motivation to draw closer to God just isn't accurate. Biblical fasting was always about restricting food and always for the purpose of drawing closer to the Lord, observing spiritual laws, or seeking God in prayer.

So if you really want to use Daniel as the model, I hope you will do it all the way. Seeking and finding God is the most significant benefit of the Daniel Fast. Improving ones health is a great side benefit!

# The Daniel Fast Food List

## Foods You May Eat:

- **Whole Grains:**
- Brown Rice, Oats, Barley
- **Legumes:**
- Dried Beans, Pinto Beans, Split Peas, Lentils, Black Eyed Peas
- **Fruits:**
- Apples, Apricots, Bananas, Blackberries, Blueberries, Boysenberries, Cantaloupe, Cherries, Cranberries, Oats, Figs, Grapefruit, Grapes, Guava, Honeydew Melon, Kiwi, Lemons, Limes, Mangoes, Nectarines, Papayas, Peaches, Pears, Pineapples, Plums, Prunes, Raisins, Raspberries, Strawberries, Tangelos, Tangerines, Watermelon
- **Vegetables:**
- Artichokes, Asparagus, Beets, Broccoli, Brussels Sprouts, Cabbage, Carrots, Cauliflower, Celery, Chili Peppers, Corn, Cucumbers, Eggplant, Garlic, Gingerroot, Kale, Leeks, Lettuce, Mushrooms, Mustard Greens, Okra, Onions, Parsley, Potatoes, Radishes, Rutabagas, Scallions, Spinach, Sprouts, Squashes, Sweet Potatoes, Tomatoes, Turnips, Watercress, Yams, Zucchini, veggie burgers are an option if you are not allergic to soy.
- **Liquids:**
- Spring Water, Distilled Water, 100% All-Natural Fruit Juices, 100% All Natural Vegetable Juices. You may drink protein drinks if they do not include dairy products.
- **Others:**
- Seeds, Nuts, Sprouts

## Foods to Avoid:

- All Refined or Processed Food Products
- All Animal Products (Meat, Dairy, Fish, Etc.)
- Meat (Beef, Poultry, Lamb, Etc.)
- Bread And Other Baked Goods
- Dairy Products, Including Eggs, Milk, Cream, Etc.
- White Rice
- Fried Foods
- Caffeine and Carbonated Beverages
- Foods Containing Preservatives Or Additives
- Refined Sugar
- Sugar Substitutes
- White Flour And All Products Using It
- Margarine, Shortening, High Fat Products

# Breakfast



## Apple and Oat Porridge

Oat bran is so nutritious, plus it will “stick to your ribs” and keep you through the morning. Bran is also great for your digestive system. The apples here add nice flavor and if you chose to serve it with soy milk (which is how I like to eat hot cereals), it’s a great complete breakfast with lots of protein.

### Ingredients:

- 4 cups water
- 1 ½ cups oat bran (not oatmeal)
- 1 large apple - peeled/cored and chopped into very small pieces
- 1/3 cup raisins
- ½ teaspoon ground caraway seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Soy milk for serving (optional)

### Preparation:

1. 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.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

**Yield:** 4 servings

## Apple Oats Cereal

This recipe can be made ahead in a batch and then served as a cold breakfast cereal with soy milk. Serve with apple slices and you have a wonderful breakfast.

- 4 cups unsweetened applesauce
- 1 1/3 cups oat bran hot cereal - uncooked
- 1 cup quick or old-fashioned oats - uncooked
- 1 cup unsweetened apple juice
- 2/3 cup raisins
- 1/4 cup almonds slivers
- 1 teaspoon cinnamon

### Preparation:

1. In a large bowl, combine all ingredients. Mix well.
2. Transfer to smaller storage containers with tight covers if desired.
3. Refrigerate overnight.
4. Serve cold with soy milk.
5. Stores well in refrigerator for up to a week.

**Yield:** 6 servings

## Easy Breakfast Fruit Smoothie

Breakfast smoothies are perfect for the Daniel Diet because of the protein in the soy milk. If you are not accustomed to soy milk, fruit smoothies are great for your introduction. Although, the soy milk of today is so near cow's milk that it's hard to tell the difference. I am a big fan of Pacific Natural Soy Milk. The difference in the flavor is so minimal that I find it very useable, and this is coming from a gal who used to milk her how cow!

- ½ cup soy milk
- 1 banana
- ½ cup frozen berries

### Preparation:

1. Place all ingredients in blender and blend until smooth.

**Yield:** 1 serving

**Tip:** You can also add silken tofu to boost the protein.

## Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

### Ingredients:

¼	cup olive oil	2	teaspoon salt, divided
1	onion, finely chopped	½	teaspoon pepper, divided
4-5	green onions, chopped with the green and white parts separated	2	pounds firm tofu
4	cloves garlic, minced	2-3	Tbsp. soy sauce, to taste
2	medium potatoes, shredded (or 2 cups frozen shredded potatoes)		

### Preparation:

1. 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.
2. Add the garlic and heat for another 30 seconds.
3. 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.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. 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.
6. 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.

**Yield:** 4 Servings

## Special Hot Oatmeal

Hot oatmeal is a great way to start the morning on the Daniel Fast. In fact, you might like this so much that it becomes part of your diet even after the fast. Actually, there are so many variations to hot oatmeal that you can use this recipe for a base, and then move out from there!

### Ingredients:

- 1 cup dry old fashioned oats
- water, as directed on package oat bran
- 1 banana, mashed or sliced
- 1 tablespoon nut butter
- 1 tablespoon flax meal
- Soy milk as desired

### Preparation:

1. Prepare old fashioned oats according to package directions
2. Mash or slice banana
3. Mix in all ingredients
4. Serve alone or with soy milk

**Yield:** 1 serving

## Stick-to-Your-Ribs Oatmeal Breakfast

This recipe takes me back to my childhood. My father used to get up early in the morning and make a big pot of oatmeal in a funky old double-boiler pan! I received a lot more than breakfast from him . . . it was one scoop of oatmeal and five scoops of love! Both stick to the ribs!

### Ingredients:

- 1 cup regular rolled oats
- 1/3 cup unflavored soy protein powder
- 1 cup water
- Pinch salt
- 1/2 teaspoon pure vanilla extract or 1/4 teaspoon pure almond extract
- Soy milk, if desired

### Preparation:

1. Combine first four ingredients and bring to a gentle boil over medium heat. Simmer for 3-5 minutes.
2. Resulting product is thick, so a little more water may be added if desired. Remove from stove and add extract and sweetener.
3. Other ingredients may be added as desired. Serve warm. Thickens upon standing.

**Yield:** 2 servings

**Tip:** Add cinnamon and or other spices, flavored soy milk, rice or almond milk. Also great with fresh or frozen fruit.

## Tofu Breakfast Scramble

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

### Ingredients:

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste
- Tomato paste if desired

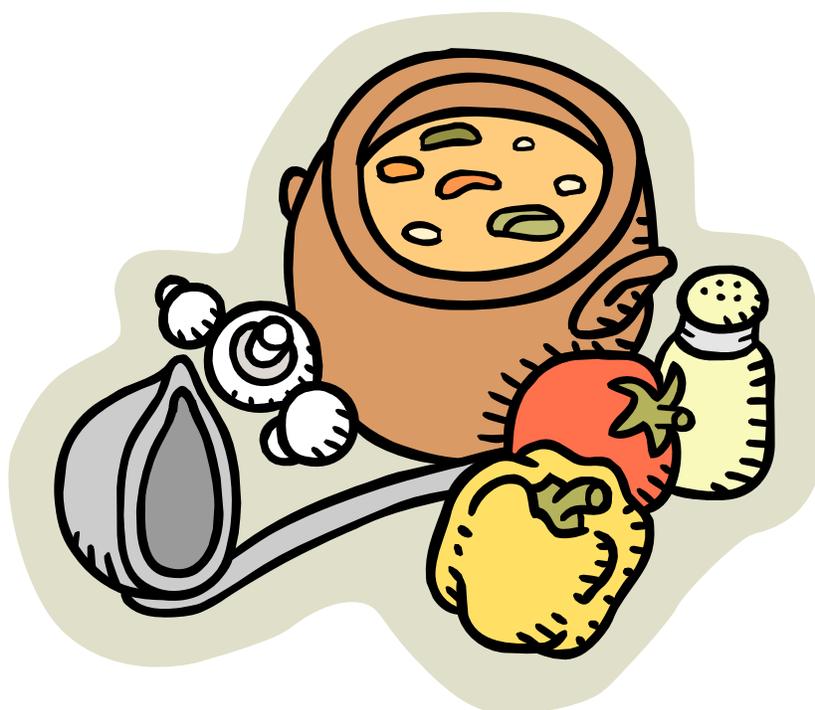
### Preparation:

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

**Yield:** 4 servings

**Tip:** You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

# Soups and Stews



## Basic Vegetable Stock

A good vegetable stock is useful in the Daniel Fast and serves as an excellent substitute for chicken or beef stock. Simmering the stock for a full hour will release the flavors of the vegetables in your broth. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than a small dice. \*\* See notes for variations on this recipe.

### Ingredients:

- 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
- 10 peppercorns
- 1 bay leaf

### Preparation:

1. Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water.
2. 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.
3. 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.

**Yield:** four cups of vegetable stock

## Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

### Ingredients:

4	tablespoons olive oil	2	quarts vegetable broth
2	cups chopped leeks, white part only (from approximately 3 medium leeks)	4	cups peeled, seeded, and chopped tomatoes
2	tablespoons finely minced garlic	2	ears corn, kernels removed
	Salt	1/2	teaspoon freshly ground black pepper
2	cups carrots, peeled and chopped into rounds (approximately 2 medium)	1/4	cup packed, chopped fresh parsley leaves
2	cups peeled and diced potatoes	1 - 2	teaspoons freshly squeezed lemon juice
2	cups fresh green beans, broken or cut into 3/4-inch pieces		

### Preparation:

1. 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.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. 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.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

**Yield:** 6 servings

## Greek Vegetable Stew

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

### Ingredients:

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

### Preparation:

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

**Yield:** eight servings

# Hearty Split Pea Soup

This recipe gets even better with time and makes a very thick split pea soup. To make it thinner, simply add more water. Depending on the density of split peas, it may take a while for the vegetables and peas to soften, but you can't really overcook this soup; just stir occasionally, and add water if it gets too dry. Alter seasonings to your liking!

## Ingredients:

1 tablespoon vegetable oil	3 carrots, chopped
1 onion, chopped	3 stalks celery, chopped
1 bay leaf	3 potatoes, diced
3 cloves garlic, minced	1/2 cup chopped parsley
2 cups dried split peas	1/2 teaspoon dried basil
1/2 cup barley	1/2 teaspoon dried thyme
1 1/2 teaspoons salt	1/2 teaspoon ground black pepper
7 1/2 cups water	

## Preparation:

1. In a large pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes or until onions are translucent.
2. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low.
3. Simmer for 2 hours, stirring occasionally.
4. Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for 20 – 30 more minutes or until the peas and vegetables are tender.

**Yield:** 6 servings

# Lentil Soup

I love this recipe! It's hearty and full of flavor. Serve it along with a nice green salad and some sliced fruit. It's a very satisfying meal.

## Ingredients:

- |   |   |       |   |
|---|---|-------|---|
| 2 | tablespoons olive oil, plus extra for drizzling | 1     | can diced tomatoes (14.5 ounce)             |
| 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                          | 11    | cups vegetable broth (can substitute water) |
| 2 | garlic cloves, chopped                          | 4 - 6 | fresh thyme sprigs                          |
|   | Salt and freshly ground black pepper            |       |   |

## Preparation:

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes.
2. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
3. Add the lentils and pearl barley, mix to coat.
4. Add the broth and stir.
5. 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.
6. Season with salt and pepper, to taste.
7. Ladle the soup into bowls, drizzle with olive oil and serve.

**Yield:** six servings

# Mushroom Soup

This soup is delicious and creamy, but still within Daniel Fast guidelines. It's great for chilly nights. Serve along with a nice green salad or sliced tomatoes.

## Ingredients:

1	tablespoon oil or 1/2 c. water	2	tablespoon soy sauce
2	medium onions, chopped	2	cups water or vegetable stock
1	pound mushrooms, sliced	2	tablespoon margarine or oil
1 1/2	teaspoons dill	3	tablespoon flour
1	tablespoon paprika	1	cup soymilk
1	teaspoon caraway seeds	2	teaspoon lemon juice
1/8	teaspoon pepper		

## Preparation:

1. In a soup pot, sauté onion in oil or water until soft.
2. Add mushrooms, dill, paprika, caraway and pepper, then sauté for 5 minutes.
3. Add soy sauce and water or stock, cover and simmer for 15 minutes.
4. Heat the oil in a saucepan and add the flour. Cook one minute, stirring constantly, then whisk in the soymilk until smooth.
5. Simmer over low heat, stirring constantly, until slightly thickened.
6. Add to the mushroom mixture and blend in. Cover and simmer for 15 minutes.
7. Just before serving, stir in the lemon juice.

**Yield:** 6 to 8 servings

## Potato-Leek-Onion Soup

The leeks in this soup add a wonderful flavor to the potatoes. It's a perfect winter lunch or dinner meal when added with fresh vegetables slices or a green salad.

### Ingredients:

- 2 medium onions, chopped
- 3 medium leeks (white part only), chopped
- 1 clove garlic
- 2 - 3 tablespoons of vegetable oil
- 5 cups water
- 6 medium potatoes, cut into small or medium pieces
- 4 celery stalks, sliced
- 1 stalk fresh lemongrass (or dried) to taste  
cayenne, salt, and dill or marjoram, to taste
- 1 cup soy or rice milk
- 1 tablespoon lemon juice

### Preparation:

1. Sauté the onions, leeks, and garlic in vegetable oil in a large pot until soft. Then
2. add the water, potatoes, celery, lemongrass, cayenne, salt, and dill.
3. Bring to a boil, reduce the heat, and simmer for 30-45 minutes until the potatoes are tender. Cover the pot for a thin broth or leave it uncovered for a thicker soup.
4. Once the potatoes are soft, remove the stalk of lemongrass (if using fresh) and purée about half the soup in a blender or food processor, then mix it back into the pot.
5. Add the lemon juice to the soy or rice milk and let it sit for 5 minutes. Then add it to the soup. Serve warm.

**Yield:** 8 servings

**Tip:** For variety, use 3 russet or Idaho potatoes and 3 sweet potatoes

# Pumpkin and Black Bean Soup

This is a hearty soup that's really nice for cold winter nights. It's also great for the Daniel Fast because it's flavorful, rich in protein and filling.

## Ingredients:

- 2     tablespoon extra-virgin olive oil, 1 turn of the pan
- 1     medium onion, finely chopped
- 3     cups canned or packaged vegetable stock, found on soup aisle
- 1     can (14 1/2 ounces) diced tomatoes in juice
- 1     can (15 ounces) black beans, drained
- 2     cans (15 ounces) pumpkin puree (found often on the baking aisle)
- 1     cup soy milk
- 1     tablespoon curry powder, 1 palm full
- 1 1/2   teaspoons ground cumin, 1/2 palm full
- 1/2    teaspoon cayenne pepper, eyeball it in the palm of your hand
- Coarse salt
- 20    blades fresh chives, chopped or snipped, for garnish

## Preparation:

1.    Add oil to a medium-sized soup pot and heat over medium heat.
2.    When oil is hot, add onion. Sauté for 5 minutes.
3.    Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil.
4.    Reduce heat to medium low and stir in soy milk, curry, cumin, cayenne and salt, to taste.
5.    Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

**Yield:** 4 servings

## Quick Vegetable and Bean Soup

This is an effortless recipe for those times when you need to prepare a meal quickly and still satisfying. Play around . . . use things you have on hand. I also encourage you to have these ingredients available all the time so that when you are hungry and pressed for time you won't be tempted to step outside the fasting guidelines.

### Ingredients:

- 1 can tomato soup
- 1 can white beans
- 1 cup frozen mixed vegetables

### Preparation:

1. Place all ingredients in small pot. Heat over medium heat until vegetables are tender, stirring frequently to prevent burning or sticking.
2. Serve! Now how easy is that? And who said fast food wasn't good for you!

**Yield:** 2 servings

**Tip:** You can find several really good boxed tomato soups in most grocery stores. In my area they go on sale frequently. When they do, I stock up and have them on hand.

# Red Bean Soup

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

## Ingredients:

1	tablespoon olive oil	2	quarts vegetable stock
1 ½	cups chopped yellow onions	1	teaspoon salt
¼	cup chopped green bell peppers	3	tablespoons chopped parsley
1	tablespoon minced garlic	1	cup diced carrots
4	bay leaves	1 ½	cups cooked long-grain brown rice, warm
2	cups dried red kidney beans, soaked overnight	6	tablespoons chopped green onions
1	tablespoon Special Seasoning, (recipe follows on next page)		

## Preparation:

1. 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.
2. Add the beans and cook for 2 minutes.
3. 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.
4. 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.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

**Yield:** six servings

## Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

### Ingredients:

2 ½	tablespoons paprika	1	tablespoon onion powder
2	tablespoons salt	1	tablespoon cayenne pepper
2	tablespoons garlic powder	1	tablespoon dried leaf oregano
1	tablespoon black pepper	1	tablespoon dried thyme

### Preparation:

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

**Yield:** about 2/3 cup

**Tip:** Play around with this recipe and make it your very own family spice!

## Rosemary White Bean Soup

The first time I ever combined white beans with rosemary was for a bean dip (see recipe in that section). I liked it so much that I found a soup with the same pairing. I played around with it a little to make it Daniel Fast appropriate! It's delicious and very nutritious.

### Ingredients:

- |     |   |     |  |
|-----|---|-----|--|
| 1   | pound dried white cannellini beans          | 2   | quarts vegetable broth (recipe included in this section) |
| 4   | cups sliced yellow onions (3 onions)        | 1   | bay leaf   |
| 1/4 | cup good olive oil                          | 2   | teaspoons salt   |
| 2   | garlic cloves, minced                       | 1/2 | teaspoon freshly ground black pepper                     |
| 1   | large branch fresh rosemary (6 to 7 inches) |     |  |

### Preparation:

1. In a medium bowl, cover the beans with water by at least 3-inches and leave them in the refrigerator for 6 hours or overnight.
2. Drain and rinse the beans.
3. In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 10 to 15 minutes.
4. Add the garlic and cook over low heat for 3 more minutes.
5. Add the drained white beans, rosemary, vegetable stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft.
6. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed.
7. Return the soup to the pot to reheat and add salt and pepper, to taste. Serve hot.

**Yield:** eight servings

## Savory Tofu Stew

Many people start using tofu for the first time on the Daniel Fast. That's when they discover that this powerful protein soy product is very bland by itself, but when prepared as intended absorbs the flavors of whatever it's being cooked with.

### Ingredients:

1/2	cup 100% peanut butter	2	pounds firm tofu, cut into 1 1/2-inch cubes
2	cups vegetable broth	2	tablespoons soy sauce
2	tablespoons canola oil	1	teaspoon Five Spices
1	cup chopped onion	1	cup diced tomatoes
3-4	cloves garlic, minced	1/2	teaspoon ground ginger
1	cup chopped green bell pepper	1	tablespoon lemon juice
1	cup chopped carrots	6-8	cups cooked brown rice

### Preparation:

1. Whisk the peanut butter and vegetable broth together in a medium bowl until well blended. Set aside.
2. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent.
3. Season the tofu with soy sauce and Five Spices. Add the tofu and continue to cook, stirring often, until browned on all sides.
4. Add the peanut butter mixture, tomatoes with liquid, ground ginger and lemon juice. Stir well. Bring to a boil.
5. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender.
6. Season to taste with salt and pepper.
7. Serve hot over cooked rice.

**Yield:** 6-8 Servings

# Tuscan Black Bean Soup

This is a lovely dish packed with both protein and flavor! Serve with a colorful salad and sliced fruit for a hearty, yet refreshing meal!

## Ingredients:

3/4	cup dried cannellini beans, soaked overnight and drained	2	sprigs fresh thyme
		1	bay leaf
4	tablespoons olive oil	1	pound chopped cavolo nero (black cabbage), roughly chopped
1	Spanish onion, thinly sliced	1/2	pound chopped white cabbage, roughly chopped
1	leek, white and light green parts only, thinly sliced	2	scant tablespoons tomato paste
1	carrot, cut into 1/4-inch dice	3	cups water
1	celery stalk, cut into 1/4-inch dice		salt and freshly ground black pepper
1	garlic clove, thinly sliced, plus 1 whole garlic clove		

## Preparation:

1. Place the presoaked cannellini beans in a medium stockpot. Add water to just cover the beans and bring the water to a boil over high heat. Lower the heat and let the beans simmer until tender, about 1 hour.
2. In a 12-inch sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, leek, carrot, celery, sliced garlic, and herbs. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
3. Add the black and white cabbages and cook until the cabbage has softened and the flavors have blended, about 10 minutes.
4. Salt and pepper, to taste. Remove the sprigs of rosemary and thyme and the bay leaf.
5. Add the tomato paste, and stir until the tomato paste is well distributed throughout the vegetable mixture.
6. Add the vegetable mixture to the pot with beans and water and let simmer until the flavors are well blended, about 30 minutes more.
7. Serve the soup hot in 4 warmed bowls.

**Yield:** four servings

## Yummy Yellow Split Pea Soup

This recipe has a little twist with the curry powder. It is so delicious and very easy to make! Serve with a nice green salad and some fresh fruit and you have a very nice meal.

### Ingredients:

- 1    tablespoon extra virgin olive oil
- 1    carrot, chopped
- 1    stalk celery, chopped
- 1    small onion, chopped
- 1    teaspoon curry powder
- 1    cup yellow split peas
- 4    cups water
- 1    teaspoon salt

### Preparation:

1. Heat olive oil in a large saucepan. Sautee carrot, onion, celery and curry for about 5 minutes.
2. Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

**Yield:** six servings

# Salads and Dressings



## 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.

### Ingredients:

- 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
- 4-8 cups torn lettuce
- pinch of cayenne pepper
- salt and freshly ground black pepper to taste

### Preparation:

1. Combine cooked barley, beans, corn, cilantro, lime juice, oil, cayenne pepper, salt and pepper in a medium bowl.
2. Serve on bed of chopped or torn lettuce.

**Yield:** four servings

## Beautiful Green Salad

Green salads will be a cornerstone to your Daniel Fast, along with soups, stews, rice casseroles, and stir fry meals. I like to prepare all the “fixins” and keep them in baggies or small containers in the refrigerator. Then when it’s mealtime, I can just throw the ingredients in a bowl and toss with a simple dressing and the salad is done.

### Ingredients:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 cucumber, seeds removed and cut into 1/2” chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

### Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

**Yield:** six servings

## Cooler Salad

This is a really easy salad recipe. One of those toss and mix kinds!

### Ingredients:

- fresh cilantro or Italian parsley, roughly chopped
- 1/3 cup green or red onion
- 1 cup cucumber, seeds removed and cut into chunks
- 1 cup tomato, seeds removed and diced
- 1 cup avocado, cut into chunks
- 1 cup celery, cut into 1/4 inch slices
- 1/4 cup flavored vinegar or Italian salad dressing.
- 1/2 lemon or lime
- salt and pepper

### Preparation:

1. Place chopped cilantro or Italian parsley in glass salad bowl
2. Add remaining vegetables.
3. Squeeze lemon or lime juice over salad.
4. Toss all ingredients and chill in fridge.
5. Before serving drizzle with salad dressing and salt and pepper to taste
6. Serve cool as a salad or side dish.

**Yield:** four servings

## Green and Red Salad

This is a very attractive salad and loaded with great flavors. It's a perfect salad to go with your lunch and dinner soups and main courses.

### Ingredients:

- 1 sweet green pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 sweet red pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 cucumber, peeled, seeded and cut into 1/2-inch wide pieces
- 4 plum tomatoes, seeded and cut into 1/2-inch wide pieces
- 2 carrots, shredded
- 1 small bunch arugula, cut into 2-inch pieces
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

### Preparation:

1. Combine sweet peppers, cucumber, tomatoes, carrots and arugula in a medium-size bowl.
2. Whisk together oil, vinegar, salt and pepper in a small bowl.
3. Pour dressing over vegetables, tossing to coat.
4. Serve chilled or at room temperature.

**Yield:** six servings

## Hearty Layered Salad

Use this Hearty Layered Salad as a main course or along with a bowl of soup. It's very attractive, nutritious, and has lots of nice textures.

### Ingredients:

- 6 cups mixed salad greens
- 1 can garbanzo beans or chickpeas (15 ounce), rinsed and drained
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 1 cup thinly sliced red onion, separated into rings
- 1 green pepper, diced
- ½ cup chopped walnuts, toasted

### Dressing:

- 1 large ripe avocado, peeled and sliced
- 1 cup silken tofu
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

### Preparation:

1. In a large glass bowl, layer the first eight ingredients.
2. In a blender, combine the dressing ingredients; cover and process until smooth.
3. Serve with the salad.

**Yield:** four servings

## Mixed Green Salad with Baby Beets

This salad takes some extra effort, but it's all worth it! If you don't have access to fresh beets, use canned beets. The flavor is slightly different, but it's still very tasty. The result is a salad rich in color and full of flavor.

### Ingredients:

6 - 8 baby beets (1 1/2-inch), peeled and stems trimmed	1 cup fresh squeezed orange juice, reduced to 1/2 cup
1/4 cup olive oil	2 tablespoons white wine vinegar
salt and pepper	1 cup extra-virgin olive oil
8 ounces spring onions, tops and stem ends trimmed	10 ounces mixed baby greens
4 teaspoons minced shallots	1 cup small diced Granny Smith apples
1 teaspoon minced garlic	1/2 cup pine nuts, toasted
1 teaspoon Dijon mustard	

Preheat the oven to 400 degrees F.

### Preparation:

1. Place the beets in a small bowl and drizzle with 2 tablespoons of the olive oil. Season the beets with a pinch of salt and a pinch of pepper. Place on an oven-proof platter and roast in the oven until tender, about 40 to 45 minutes.
2. Remove from the oven and allow to cool. Once cool enough to handle, slice into quarters and set aside.
3. Set a grill pan over medium heat. Set the spring onions in a small bowl and drizzle with the remaining olive oil and season with salt and pepper. Marinate the spring onions in the bowl with the olive oil for at least 1 hour, and up to 2 hours. Remove from the oil, slice in half lengthwise.
4. Set a grill over medium heat, and place the spring onions, cut side down, on the grill and cook for 3 minutes.
5. Rotate the onions a quarter turn and grill another 3 minutes.

Continued on next page

## Mixed Green Salad with Baby Beets, continued

6. Turn the spring onions over and grill on the second side for 3 minutes, then turn and grill a final 3 minutes.
7. Remove the spring onions from the grill and allow to cool completely. Once cool, roughly chop and set in a medium bowl with the shallots, garlic, Dijon mustard, orange juice and vinegar.
8. Use a whisk to blend and slowly drizzle in the extra-virgin olive oil until completely incorporated. Season the vinaigrette with salt and pepper.
9. To make the salad, combine the mixed greens, apples, goat cheese, pine nuts and the beets in a large bowl. Season with salt and pepper and add 1 cup of the vinaigrette to the bowl. Toss using your hands or tongs and serve immediately.

**Yield:** six servings

## Red Onion, Orange and More Salad

This popular and colorful salad lends a festive note to meal. Some versions omit the red onion, or replace the raspberry vinegar with lemon juice. No matter which variation is served, however, this salad is tangy and refreshing when served with soups, stews or other Daniel Fast main dishes. The salad should always be served chilled.

### Ingredients:

- 4 ripe medium oranges, peeled
- 1 small red onion, sliced fine
- 2 tablespoons raspberry vinegar
- 6 tablespoons extra-virgin olive oil
- salt and freshly ground pepper
- 4 tablespoons golden raisins, covered for 20 minutes in hot water, then drained
- 20 black olives, pitted
- 2 tablespoons sunflower seeds
- 2 tablespoons almonds, blanched and chopped fine
- Springs of fresh mint, to garnish

### Preparation:

1. Remove the white pith from the oranges and cut the fruit crosswise into 1/4 inch slices.
2. Arrange on a serving platter and scatter over the sliced red onion.
3. In a small bowl, whisk together the vinegar, olive oil, salt, and pepper.
4. Spoon this dressing over the onion and oranges.
5. Sprinkle with the raisins, olives, sunflower seeds, and almonds.
6. Garnish with mint springs and serve chilled.

**Yield:** four servings

## Simple Orange and Red Onion Salad

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes.

### Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

### Preparation:

1. On a serving platter, arrange the romaine, oranges and onion.
2. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well.
3. Drizzle over salad; serve immediately.

**Yield:** four servings.

## Southwest Corn and Black Bean Salad

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

### Ingredients:

- 1 ½ 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

### Preparation:

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

**Yield:** four servings

## Salad Dressings

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

### Lemon Olive Oil Dressing

#### Ingredients:

- 1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
- 3/4 cup olive oil (or sometimes I mix canola and olive)
- 1-2 tablespoons tamari soy sauce
- 2 large cloves garlic, crushed
- fresh ground black pepper to taste

#### Preparation:

1. Shake all ingredients in a bottle.
2. Toss with fresh salad greens.
3. Store leftover dressing in refrigerator.

## Tofu Mayonnaise

Tofu Mayonnaise can be used for creamy salad dressings, alone with salads, or as a dip with a vegetable plate.

### Ingredients:

- 4 ounces silken tofu
- 1/3 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon grated lemon rind
- salt and pepper -- to taste

### Preparation:

1. Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth.
2. Add grated lemon rind and season with salt and pepper.

**Yield:** Just under 1 cup of finished mayo

**Tip:** You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped chives, white onion or scallion to zip it up.

# Rice and Grains



## Steamed Brown Rice

Brown rice will become a staple for most people while on the Daniel Fast. It comes in many varieties and is usually less expensive at health food stores than at regular supermarkets.

My favorite variety is “short grained sweet brown rice” because it has a pleasant flavor, is reliable in the way it cooks and can be enjoyed either on its own as a side dish or serves well when accompanied with sauces or stir fry vegetables. This variety of rice also reheats very well.

When cooking rice, the water to rice ratio is usually 2:1 (2 cups water for every 1 cup rice). I have a little rice cooker that takes about 45 minutes per batch. I just place the water, rice and some salt or soy sauce in the pan. Cover it and push the button. It turns itself off when done and then I have rice for a couple meals.

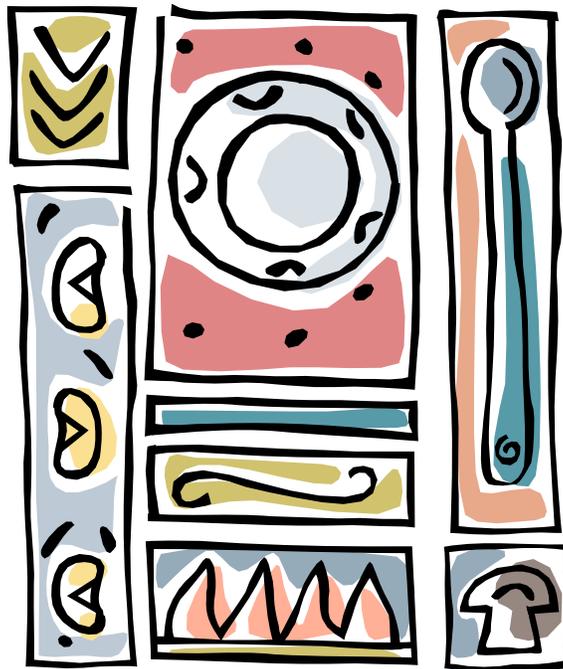
## Cooked Whole Grains

During the 21-day Daniel Fast you will have many opportunities to try foods that perhaps you have never even considered before. Cooked whole grains are an excellent source of vitamins and our bodies like them!

Here are a few whole grains that you might want to try. You can buy small amounts at your local health food store which will likely have them in bulk. After you try them, those that you like can be worked into your meal plan.

To 1 cup of this grain:	Add this much water or broth:	Bring to a boil, then simmer for:	Amount after cookin:
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Kamut® grain	4 cups	soak overnight then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 minutes (varies)	3-4 cups
Rye	4 cups	soak overnight then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	soak overnight then cook 45-60 minutes	3 cups
Wheat berries	4 cups	soak overnight then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

# Side Dishes



## Apple and Cranberry Stuffed Acorn Squash

This is a nice way to dress up acorn squash since butter and brown sugar are off the list for the Daniel Fast. If you like this recipe and want to prepare it in non-fasting times, you can add a little butter and brown sugar to sweeten the filling up a little more.

Preheat the oven to 350°F.

### Ingredients:

- 2 acorn squash
- 2 sweet apples, peeled and chopped
- 1/2 cup dried cranberries
- 1/4 cup pine nuts (optional)
- 1 tablespoon nutmeg

### Preparation:

1. Slice the acorn squash in half and scrape out the seeds and the strings. Place both halves face down in a casserole pan filled with 1/2 inch of water. Bake in the oven for 10 to 15 minutes.
2. Put the peeled and chopped apples, dried cranberries, and pine nuts into a bowl and toss until well mixed.
3. Take the steamed acorn squash out of the oven. Empty the casserole pan of any water. Place the halves face up and fill with the apple mixture. Top with nutmeg. Cover the pan loosely with tin foil and bake until the squash, apples, and cranberries are soft, about 30 minutes.

**Yield:** four servings

## Crispy Home Fries

Home Fries serve as a nice and healthy snack. You can play around with this recipe and use different varieties of potatoes and add various vegetables. Serve with salsa or tomato sauce dip.

### Ingredients:

4	medium baking potatoes, thinly sliced	1	tablespoon oregano
1	tablespoon garlic powder	1	small onion, chopped (or more to taste)
1	teaspoon black pepper (or more to taste)	1	small green bell pepper, chopped
1	tablespoon paprika	1	small red bell pepper, chopped
1	tablespoon onion salt	1	cup thinly sliced mushrooms
		4	tablespoons olive oil

### Preparation:

1. Put the thinly sliced potatoes and the spices in a container with a tight-fitting lid. Shake for 30 seconds, until the potatoes are well coated. Set aside.
2. In a large frying pan, sauté the chopped onion, bell peppers, and mushrooms in olive oil until the onion is translucent and slightly browned, about 7 to 10 minutes.
3. Add the spiced potato slices to the sautéed onions, bell peppers, and mushrooms in the frying pan. Toss well. Let sit for 10-15 minutes, browning over medium-low heat. *Do not stir.*
4. Flip over and let sit for another 10 minutes, or until both sides are crispy brown. Serve immediately.

**Yield:** two to four servings

**Tip:** If you just want spicy fried potatoes, just leave out the other vegetables.

# Main Dishes



## Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

### Ingredients:

- 1 medium onion, chopped
- 2 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

### Preparation:

1. 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.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

**Yield:** four servings

## Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

### Ingredients:

2	tablespoons olive oil	1	can crushed tomatoes (28 ounce)
1	large white onion, chopped	1	can garbanzo beans, drained and rinsed (15 ounce)
1/2	cup dry lentils	1	can kidney beans, drained and rinsed (8 ounce)
2	cloves garlic, minced	1/2	cup raisins
3	tablespoons curry powder		salt and pepper to taste
1	teaspoon ground cumin	8	cups cooked brown rice
1	pinch cayenne pepper		

### Preparation:

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

**Yield:** eight servings

## Indonesian tofu with peanut butter sauce

The flavors in this recipe are pleasant and satisfying. When not on the Daniel Fast, you can add 2 tablespoons of honey to sweeten the dish a little more. For best results, the tofu should sit in the marinade for a few hours. You might want to make this in the morning and then prepare it for dinner. Serve with stir fried vegetables.

Preheat oven 350

### Ingredients:

1	package firm tofu	1/4	teaspoon garlic powder
1/4	cup creamy peanut butter	1/4	teaspoon ground ginger
1/4	cup water	1/8	teaspoon pepper
2	tablespoon soy sauce	1	tablespoon onion, grated
2	teaspoon lemon juice	4	cups cooked brown rice

### Preparation:

1. Slice tofu into 1/2 inch slices. Place in shallow dish and set aside
2. In small bowl, combine remaining ingredients and mix with a whisk.
3. Pour the marinade over the tofu and refrigerate for at least two hours.
4. Remove from refrigerator and let it stand at room temperature for 30 minutes.
5. Place tofu in a single layer on baking sheet and cover with same marinade.
6. Bake uncovered 15 minutes, then place under broiler until brown.
7. Serve over rice.

**Yield:** four servings

## Lentil Rice Casserole

Wonderful flavors in this easy dish. It's also packed with protein. Serve with a green salad and sliced fruit.

Preheat oven to 300 degrees

### Ingredients:

- 3 cups vegetable broth
- 3/4 cup lentils, uncooked
- 1/2 cup brown rice, uncooked
- 2/3 cup chopped onion
- 2-3 medium carrots, chopped
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1-2 clove garlic (optional)
- salt (optional)

### Preparations:

1. Mix ingredients in a casserole dish.
2. Bake covered for 90 minutes.

**Yield:** four servings

## International Bean and Rice Casserole

This casserole has lots of different flavors. Don't let the number of ingredients deter you! It's very easy. Pop it in the oven and then steamed artichokes. Make a big green salad and dinner is on the way.

Preheat oven to 350 degrees

### Ingredients:

1	tablespoon vegetable oil	1/2	teaspoon oregano
1	large onion, chopped		pinch cayenne, if desired
2	celery stalks, chopped	3	tablespoon shoyu or tamari
1	red bell pepper, diced	1	cup arame seaweed, soaked (optional)
3	cup red kidney beans, cooked	4	cup cooked brown rice
6	ounces tomato paste	1/2	cup flat leafed parsley, chopped
1	teaspoon cumin	3	large tomatoes, sliced
1	teaspoon chili powder	5	garlic cloves, pressed
1	teaspoon basil		

### Preparation

1. Heat the oil in a large skillet and sauté the onion, celery and red pepper till almost tender.
2. Blend together the beans and about ¼ cup of the bean liquid, the tomato paste, the spices, and the shoyu or tamari in a blender or food processor to make a puree.
3. Transfer the puree to a large bowl. Add the sautéed vegetables and the soaked arame (if desired) to the bean puree and mix well.
4. In a separate bowl, mix the rice and parsley together.
5. Oil a large, deep baking dish. Place half of the rice in the bottom of the dish. Spread half of the bean mixture over the rice. Top it with half of the sliced tomatoes, and then distribute half of the pressed garlic over the tomatoes. Repeat the layers.
6. Bake 45 minutes.

**Yield:** six servings

## Red Lentil Curry

This is a hearty dish which is better for a main dish than a side. Don't let the ingredient list fool you. This is a very easy recipe. The recipe also calls for 1 teaspoon sugar, which I have eliminated here due to Daniel Fast restrictions. However, you might want to add that back in if you decide to make the dish during non-fasting times.

### Ingredients:

2	cups red lentils	1	teaspoon ground cumin
1	large onion, diced	1	teaspoon chili powder
1	tablespoon vegetable oil	1	teaspoon salt
2	tablespoons curry paste	1	teaspoon minced garlic
1	tablespoon curry powder	1	teaspoon ginger root, minced
1	teaspoon ground turmeric	1	can tomato puree (14.25 ounce)

### Preparation:

1. Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).
2. While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.
3. While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.
4. Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.
5. When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base into the lentils and serve immediately.

**Yield:** eight servings

## Red Potato Casserole

Easy, easy, easy! Mix everything in the same dish as you bake it! Great flavors, lots of protein, and nice textures.

Preheat oven to 350 degrees

### Ingredients:

4	cups chopped fresh tomatoes	4	teaspoons dried oregano
4	cups peeled, cubed red potatoes	½	cup water
1	cup diced red onions	1	teaspoon paprika
½	cup olive oil	1 ½	teaspoon salt
2	tablespoon chopped fresh basil	1	teaspoon freshly ground black pepper
4	tablespoons finely chopped fresh parsley	4	cups diced baked or firm tofu

### Preparation:

1. Combine all the ingredients in a casserole dish and mix well.
2. Cover with foil and bake for 45 minutes.

Yield: 4 servings

## Stir Fry Vegetables with Brown Rice

This is an easy recipe that you can serve over brown rice. Add a nice side dish of sliced tomatoes and another with orange

### Ingredients:

2	carrots, cut into 1/2" strips	1	cup pea pods
1	green pepper, cut into 1/2" strips	1	tablespoon canola oil
1/2	large sweet onion, sliced	1	tablespoon soy sauce
1/4	head green cabbage, sliced	1	tablespoon sesame oil
1	small zucchini, cut into 1/2" strips	4	servings cooked brown rice

### Preparation:

- Heat canola oil in wok to high heat.
- 2. Add all prepared veggies and stir every minute for about 5 minutes.
- 3. Add soy sauce and stir-fry one minute more.
- 4. Remove from heat and drizzle sesame oil on top.
- 5. Serve with brown rice.

**Yield:** four servings

## Thai Style Stir Fry with Lemongrass

The flavors in this recipe are so rich that they provide for a very satisfying Daniel Fast main dish. Serve it over brown rice along with a fruit salad.

### Ingredients:

- 3     tablespoon peanut or sesame oil
- 1/2   block tofu, cut into 1/2" cubes
- 3/4   cup fresh green beans, sliced
- 3/4   cup fresh carrots, thinly sliced
- 1     cup broccoli, chopped
- 1     red bell pepper, sliced
- 1     green bell pepper, sliced
- 2     green chilies, minced
- 4     cloves garlic, minced
- 2     stems lemongrass, sliced thin
- 2     tablespoon lime juice
- salt to taste

### Preparation:

1.     Sautee the tofu in oil until lightly golden, about 5 minutes.
2.     Add the vegetables and stir-fry for a few more minutes, until veggies are cooked.
3.     Add the remaining ingredients and cook for another minute or two.
4.     Serve along with brown rice

**Yield:** four servings

## Vegetarian Chili

I have been making this recipe for more than 15 years. It was a family favorite when my now adult children were young. Make a big pot and serve it for a couple meals! So, so easy!

### Ingredients:

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{4}$  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

[When I make this during non-fasting times, I also add 1 tablespoon of sugar with the other spices.]

### Preparation:

1. Chop and sauté in oil the peppers and onions.
2. Add the sliced squashes, chili powder, salt, ground red peppers, and corn.
3. 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.
4. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

**Yield:** six generous servings

I featured this recipe in my book titled *Out of the Rat Race* published in 1994 by Servant Publications.

## White Beans with Sautéed Vegetables

This is a very fast and flavorful dish. Add a salad and some sliced fruit and you have a very nice Daniel Fast meal!

### Ingredients:

- 2 cans white beans, drained
- 2 tablespoons olive oil
- ½ cup yellow onion, chopped
- 2 cloves garlic, minced
- ½ cup celery, finely diced
- ½ cup carrot, finely diced
- ¼ cup virgin olive oil (to drizzle after beans are dished up)
- salt and pepper to taste

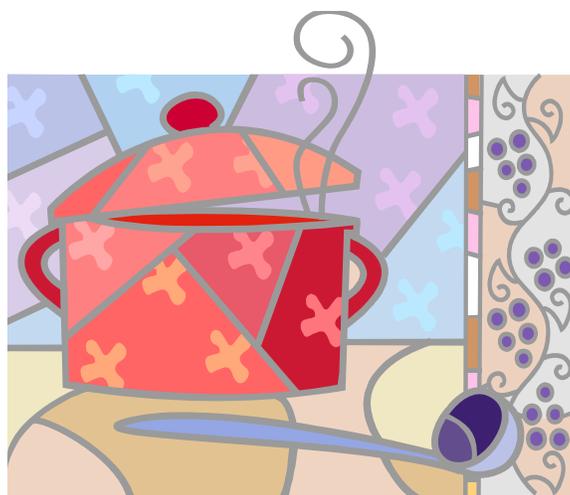
### Preparation:

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

**Yield:** 4 servings

**Tip:** It is best to cook with regular old 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.

# Gravies and Dips



## Homemade Hummus

Serve this dip with fresh vegetables as a side dish with a meal or as a snack.

### Ingredients:

- 1 15-oz. can garbanzo beans
- 1 - 2 cloves garlic
- 1/8 teaspoon salt
- 1/4 cup extra virgin oil, decrease or increase to desired consistency

### Preparation:

1. Blend garbanzo beans in a food processor with garlic, salt, and oil.

**Tip:** Stir in some lemon juice, tahini, sun dried tomatoes or chopped olives for variety.

## Mushroom Gravy

A Daniel Fast appropriate gravy made with soy milk is a nice addition to your menus. Use the gravy mix as your base. Add fresh vegetables to it and then serve it over rice or some other whole grain.

### Ingredients:

- 1/2 onion, chopped
- 1 clove garlic
- 1 tablespoon vegetable oil
- 1 cup sliced fresh mushrooms
- 2 tablespoons whole-wheat pastry flour
- 1 cup water or vegetable stock
- 1 tablespoon soy sauce
- 1/4 teaspoon savory
- 1/4 teaspoon thyme
- salt and pepper to taste

### Preparation:

1. In a medium saucepan over medium-high heat, sauté onion and garlic in oil until soft.
2. Add mushrooms and cook 5 minutes over low heat.
3. Stir in flour; cook over medium heat for 2 minutes.
4. Add water or stock, and soy sauce. Cook, stirring, until thickened, about 3 to 4 minutes.
5. Season with herbs; salt and pepper to taste.

**Yield:** about 2 cups gravy

## White Bean Dip

This is a great dip for vegetables. It's a lot like hummus. You can also substitute the mint and thyme with chopped rosemary for a totally different flavor. Consider adding lemon zest. Use the beans, garlic and oil as a base, and then experiment.

### Ingredients:

- 1 (14 ounces) can cannellini beans, rinsed and drained
- 1 clove garlic
- 1 ½ tablespoons extra-virgin olive oil
- 4 sprigs fresh mint leaves
- 6 sprigs fresh thyme leaves, stripped from stem
- coarse salt and black pepper to taste

### Preparation:

1. Mix all ingredients in food processor.
2. Serve with sliced vegetables including carrots, celery, cucumbers, and red and green peppers

**Yield:** about 2 cups

## White Bean and Rosemary Dip

This is one of my favorite dips with vegetables (or crackers during non-fasting times). The flavors are subtle.

### Ingredients:

- 1 can white cannellini beans, drained and rinsed
- 3 cloves garlic
- 2 tablespoons olive oil
- 1 lemon
- hot pepper sauce
- 1 teaspoon rosemary

### Preparation:

1. In food processor combine beans and garlic. Process and add rosemary and olive oil.
2. Squeeze in lemon juice and a dash of hot pepper sauce. Process until smooth.
3. Scoop into dish and serve with celery, carrot slices, zucchini or other vegetables

**Yield:** about 2 cups

# Fruit Desserts



## Asian Fruit Plate

You can use this as a dessert plate or as a side dish with the rest of your meal.

### Ingredients:

- 1 (20 oz.) can sugar-free pineapple chunks
- 1 (11 oz.) can sugar-free mandarin oranges, drained
- 2 large bananas, sliced
- 1/2 cup chopped dates
- 2 tablespoon cider vinegar
- 1/4 cup salad oil
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- crisp salad greens
- 1/2 cup chopped salted peanuts

### Preparation:

1. Drain pineapple, reserving 1/2 cup syrup.
2. Combine pineapple and next 3 ingredients in a large bowl.
3. Combine reserved syrup with next 4 ingredients in a jar.
4. Cover and shake well. Pour over fruit and marinate 1/2 hour.
5. Arrange greens on 6 serving plates. Top with fruit mixture.
6. Sprinkle with peanuts.

## Fresh Fruit Platter

Fruit plates are as pretty to look at as they are to eat! Have fun and arrange the fruit in a pattern or design. Serve with serving plates or with toothpicks.

### Ingredients:

- 2 small ripe melons
- 1 ripe pineapple
- 2 bunches green grapes
- 2 bunches red grapes
- 1 pint fresh figs
- 1 pint raspberries
- 1 pint strawberries
- 1 pint blueberries
- 1 red papaya
- 2 kiwis

### Preparation:

1. Prepare all fruit in bite-sized pieces or single servings
2. Arrange in an attractive way on a large platter.
3. Serve with individual serving plates or toothpicks.

## Fruit Kabobs

These are nice to use for a dessert. There's something kind of festive about serving the fruit on sticks, plus their fun to eat that way.

### Ingredients:

Using seasonal fruits is best. Here are some suggestions, but do our "designing" at the grocery store or farmers market.

You will need enough skewers for the number of servings you want to prepare.

- 1 cup strawberries,
- 1 cup pineapple slices,
- 1 cup watermelon,
- 1 cup peaches,
- 1 cup bananas,
- 1 cup cherries,
- 1 cup grapes and
- 1 cup apples
- 1 cup mango

### Preparation:

1. Wash and cut fruit into bite-sized chunks.
2. Arrange the fruit on skewers in attractive pattern.
3. Serve alone or with flavored tofu mayonnaise (recipe included in this book).

## Sample Menus

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
1	Sliced Fruit  Apple and Oat Porridge with Soy Milk	Steamed Vegetables with Brown Rice  Apple	Vegetarian Chili  Green Salad  Orange Slices	Hummus with Vegetable Plate    Fruit Plate
2	Potato and Green Onion Frittata  Fresh Ruby Grapefruit Sections	Vegetarian Chili  Carrots and Celery Sticks	Greek Vegetable Stew  Green Salad  Apple Slices	White Bean Dip with Carrots and Celery
3	Apple Oats Homemade Cold Cereal with Soy Milk  Sliced Apples	Quick Vegetable and Bean Soup  Simple Orange and Red Onion Salad	Bean and Rice Casserole  Beautiful Green Salad  Fruit Plate	
4	Easy Breakfast Fruit Smoothie	Greek Vegetable Stew  Green Salad  Sliced Apple	Hearty Layered Salad  Brown Rice with Soy Sauce  Barley and Black Bean Salad	Fruit Kabobs
5	Special Hot Oatmeal with Soy Milk  Sliced banana	Lentil Soup  Celery with Peanut Butter	Sliced Apple Barley and Black Bean Salad  Fruit Kabobs	White Bean and Rosemary Dip with Carrot Slices
6	Tofu Breakfast Scramble  Orange Slices	Red Bean Soup  Red and Green Salad	Southwestern Corn and Black Bean Salad  Tomato Soup	Crisp Home Fries
7	Stick to Your Ribs Oatmeal with Soy Milk  Sliced Banana	Garden Vegetable Soup  Green Salad  Fresh Apple	Bean Curry and Rice  Red and Green Salad  Fruit Platter	Hummus with Vegetable Plate
8	Sliced Fruit  Apple and Oat Porridge with Soy Milk	Potato Leek Onion Soup  Celery and Carrot Sticks	International Rice and Bean Casserole  Green Salad  Sliced Orange	Vegetable Plate with Seasoned Tofu Mayonnaise
9	Potato and Green Onion Frittata  Fresh Ruby Grapefruit Sections	Hearty Layered Salad  Brown Rice with Soy Sauce	Stir Fry Vegetables with Brown Rice  Asian Fruit Plate	Fruit Plate

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
10	Apple Oats Homemade Cold Cereal with Soy Milk  Sliced Apples	Steamed Vegetables with Brown Rice  Apple	Stir Fry Vegetables and Tofu with Brown Rice  Cooler Salad	White Bean Dip with Carrots and Celery
11	Easy Breakfast Fruit Smoothie	Vegetarian Chili  Carrots and Celery Sticks	Orange Slices Red Potato Casserole  Mixed Green Salad with Baby Beets	Fruit Kabobs
12	Special Hot Oatmeal with Soy Milk  Sliced banana	Quick Vegetable and Bean Soup  Simple Orange and Red Onion Salad	Orange Slices White Beans and Sautéed Vegetables  Simple Orange and Red Onion Salad	White Bean and Rosemary Dip with Carrot Slices
13	Tofu Breakfast Scramble  Orange Slices  Stick to Your Ribs Oatmeal with Soy Milk  Sliced Banana Sliced Fruit	Greek Vegetable Stew  Green Salad  Sliced Apple Lentil Soup  Celery with Peanut Butter	Thai Style Stir Fry with Lemongrass over Brown Rice  Asian Fruit Plate  Barley and Black Bean Salad  Fruit Kabobs	Crisp Home Fries    Hummus with Vegetable Plate
14	Apple and Oat Porridge with Soy Milk	Red Bean Soup  Red and Green Salad	Savory Tofu Stew  Red and Green Salad	Fruit Plate
15	Potato and Green Onion Frittata  Fresh Ruby Grapefruit Sections	Fresh Orange Garden Vegetable Soup  Green Salad	Orange Slices Vegetarian Chili  Green Salad  Orange Slices	White Bean Dip with Carrots and Celery
16	Apple Oats Homemade Cold Cereal with Soy Milk  Sliced Apples	Fresh Apple Potato Leek Onion Soup  Celery and Carrot Sticks	Greek Vegetable Stew  Green Salad	Fruit Kabobs
17	Easy Breakfast Fruit Smoothie	Hearty Layered Salad  Brown Rice with Soy Sauce	Apple Slices Bean and Rice Casserole  Beautiful Green Salad  Fruit Plate	White Bean and Rosemary Dip with Carrot Slices

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
18	Special Hot Oatmeal with Soy Milk  Sliced banana	Steamed Vegetables with Brown Rice  Apple	Hearty Layered Salad  Brown Rice with Soy Sauce	Hummus with Vegetable Plate
19	Tofu Breakfast Scramble  Orange Slices	Vegetarian Chili  Carrots and Celery Sticks	Sliced Apple Barley and Black Bean Salad	Vegetable Plate with Seasoned Tofu Mayonnaise
20	Stick to Your Ribs Oatmeal with Soy Milk  Sliced Banana	Quick Vegetable and Bean Soup  Simple Orange and Red Onion Salad	Fruit Kabobs Southwestern Corn and Black Bean Salad	Fruit Plate
21	Potato and Green Onion Frittata  Fresh Ruby Grapefruit Sections	Greek Vegetable Stew  Green Salad  Sliced Apple	Tomato Soup Bean Curry and Rice  Red and Green Salad  Fruit Platter	Crisp Home Fries with Seasoned Tofu Mayonnaise

## Plan Your Meals

Use this sheet to plan your meals. Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order.

Day	Breakfast	Lunch	Dinner	Snacks
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