



## **What is the Daniel Fast?**

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

## **How to Prepare for the Daniel Fast**

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

## **How to Begin Spiritually:**

Start with a clear personal goal in addition to our corporate goals. Be specific. *Why are you fasting?* Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

## **Scripture References for Fasting:**

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

**Relation to Prayer and Reading of the Word:** 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

**Corporate Fasting:** 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God greatly bless you as you fast!

### **What to Expect during the Fast:**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **When you fast:**

- Expect to get to know God better
  - Fasting is waiting.
    - Lamentations 3:25-27
  - Fasting is drawing near.
    - Jeremiah 29:11-13
- As you demonstrate sincerity to God, you can expect:
  - Expect strength in your inner character.
  - Find power to leave sinful habits.
    - 2 Corinthians 7:1
  - Find power to stay focused in prayer.
  - Find yourself desiring God's presence.
  - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.

### **How to succeed in fasting:**

- Fast with friends.
  - Matthew 18:19
- Fast with a purpose (not casually).
  - Set a start date and end date.
  - Determine you will follow through on the fast.
- Fast unselfishly.
  - Isaiah 58:1-11
- Spend time with God.
  - **Fasting does not work if you do not pray.**

## **Types of Fasts:**

- **Full Fast**
  - Drink only liquids (you establish the number of days).
- **3-Day Fast**
  - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- **The Daniel Fast**
  - Eat no meat, no sweets and no bread. Drink water. Eat fruits and vegetables.
- **Partial Fast**
  - A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.

You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

## 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.

### **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 facts 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.

### **Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

### **What about bread?**

The bread should be prepared without yeast.

### **How much can I eat?**

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

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

## Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes
Collard greens	Sweet potatoes
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	Watercress
Garlic	Yams
Ginger root	Zucchini
Kale	Mushrooms
Leeks	Mustard greens
Lettuce	Okra

**Legumes:**

Dried beans  
Black beans  
Cannellini  
Pinto beans  
Split peas  
Lentils  
Black eyed peas  
White

Green beans  
Green peas  
Kidney beans  
Peanuts  
Beans  
Lentils  
Lupines  
Peas

**Seeds:**

All nuts (raw, unsalted)  
Sprouts  
Ground flax  
Cashews  
Walnuts

Sunflower  
Sesame  
Almonds  
Natural Almond Butter

**Whole Grains:**

Whole wheat  
Brown rice  
Millet  
Quinoa  
Oats  
Rolled Oats  
Plain Oatmeal- not instant

Barley  
Grits (no butter)  
Whole wheat pasta  
Whole wheat tortillas  
Plain Rice cakes  
Popcorn (homemade)

**Liquids:**

Water (spring, distilled, filtered)  
Unsweetened Soy Milk  
Herbal (caffeine free) Tea  
100% Fruit/Vegetable Juice (no added sugar)

**Other:**

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

## 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 b/c 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

## **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  
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, unsulphured dehydrated fruit.



## **Apple Blueberry Oatmeal Cereal**

2 sweet apples  
¾ cup rolled oats  
1 cup blueberries  
½ 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, 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

Saute 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 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 ½ cups of garbanzo beans  
2 cups red kidney beans  
½ cups carrots  
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)  
½ cup fresh parsley  
Sea salt  
1 cup cabbage  
¼ tsp. oregano  
¾ tsp. basil  
¼ tsp. thyme  
½ cup celery  
1/2 cup onion  
1 clove garlic  
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 saute in water or soup stock over medium heat 5-7 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**

8 cups vegetable stock  
1 ½ cup onion  
1 cup celery  
1 potato  
2 garlic cloves  
1 tsp. honey  
2 bay leaves  
Sea salt  
1 pd. black beans, soaked overnight, rinsed & drained  
1 yellow or red pepper  
1 cup carrots  
2 Tbsp. cilantro  
1 Tbsp. parsley  
2 Tbsp. marjoram  
1 whole onion

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

## **White Beans and Sauteed Vegetables**

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

Drain the white beans and set aside

Heat olive oil and then add all the prepared vegetables to the pan and saute 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 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.

## **Stir Fry Vegetables**

1 red onion, sliced  
3 stalks celery, thinly sliced  
½ cup broccoli, chopped  
1 bell pepper, sliced  
1 tsp. sea salt  
3 carrots, peeled and sliced  
½ cup cauliflower, chopped  
1 cup zucchini, thinly sliced  
1 cup yellow squash, thinly sliced  
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.

## **Spanish Rice**

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

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 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

## **Rice-stuffed tomatoes**

6 large tomatoes  
½ cup raisins  
2 Tbsp. chopped green pepper  
2 Tbsp. green onions  
2 cups cooked brown rice  
2 Tbsp. parsley

Dressing:

¼ cup olive oil  
1 Tbsp. ketchup (with no added sugar)  
1 tsp. chili powder (optional)  
2 Tbsp. lemon juice  
½ 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, rice, raisins, green pepper, onion, 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  
2 stalks celery, minced (1/2 cup)  
1 medium onion, minced  
1 tsp. salt  
1 clove garlic, minced (1 tsp.)  
2 cups cooked brown rice  
1/2 cup yellow raisins  
1/2 cup vegetable broth  
5 oz tofu, mashed  
3 red bell peppers, laved lengthwise  
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, ½ tsp. salt, and garlic. Saute 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, ½ 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.

## **Lentil Soup**

2 tablespoons olive oil, plus extra for drizzling  
1 medium onion, chopped  
2 carrots, peeled and chopped  
2 celery stalks, chopped  
2 garlic cloves, chopped  
Salt  
1 (14 1/2-ounce) can diced tomatoes  
1 pound lentils (approximately 1 1/4 cups)  
2/3 cup pearl barley  
11 cups vegetable broth (can substitute water)  
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and saute 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.

## **Vegetarian Chili**

2 medium-sized green peppers, chopped  
1 medium-sized yellow onion, chopped  
1 zucchini, sliced  
1 yellow squash, sliced  
2 tablespoons olive oil  
2 tablespoons chili powder  
3/4 teaspoon salt  
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

Chop and saute in oil the peppers and onions. 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.

## **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 cooked barley, beans, corn, cilantro, lime juice, oil, and salt 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"**

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.

## **Fast Food**

Okay, there are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have them on hand.

1 can organic tomato soup (check the label for ingredients)  
1 can white beans  
1 cup mixed vegetables (frozen)  
Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)

Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!  
Serves 2-4 depending on size of serving!



## Harira

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs oil  
1 cup chopped onion  
1/2 cup chopped celery  
2 cups warm water  
Pinch of saffron threads  
1/2 tsp salt, divided  
1/4 tsp peeled fresh ginger, minced  
1/4 tsp ground red pepper  
1/4 tsp ground cinnamon  
2 garlic clove, minced  
2 cups organic mushroom broth  
1 1/2 cups chopped and seeded plum tomatoes  
1/2 cup dried small red lentils  
2 15 oz. cans no-salt-added chickpeas, drained  
3 Tbs chopped fresh cilantro  
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and saute 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

## **Vegetable Stock**

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

## **Greek Vegetable Stew**

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

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.

## **Rice, Black beans and corn**

1 can Organic Black beans drained  
1 can of Organic corn drained  
organic long grain rice  
organic corn tortilla  
homemade salsa (see below)  
avocado

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) Serve with sliced avocados.

## **Tabouleh**

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

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.

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

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)

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.

## **Curry brown rice**

Cooked brown rice  
1-2 tspn curry powder  
1/2 c frozen sweet peas  
1/2 c corn  
1/4 c onions  
1/4 c tomato  
1/2 tspn dried thyme leaves  
1 tbsp virgin olive oil

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.

## **Veggie soup**

1 28oz. can diced or crushed tomatoes  
1 6oz. can tomato paste  
1 can of tomato sauce  
1 can (drained ) each of corn, green beans, potatoes, english peas, carrots.  
Salt 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.

## **Leek and Potato soup**

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

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

## **Black bean soup**

Make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeno, chopped Cilantro. Combine all ingredients and enjoy. Amount of broth depends on how chunky you like your soup.

## **Hot water cornbread**

White or yellow corn meal  
Hot water

Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

## **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

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 cups water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on 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 of raisins  
1 tsp salt

Cook pinto beans and raisins in crock pot for four hours blend in blender serve 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

## **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

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

Snacks

## **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. 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 (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

### **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

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

Place all ingredients in blender and blend until smooth.

## **Creamy Green Dressing**

½ med. ripe avocado, peeled and pitted  
¾ cup distilled water  
3 tablespoons fresh lemon juice  
¼ cup almonds, soaked overnight and drained  
¼ tsp. garlic powder  
1 ¼ tsp. onion powder or flakes  
Sea salt

Blend all ingredients until smooth.

## **Pesto Dressing**

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

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  
½ tsp. dried basil (if using fresh, use twice as much)  
1 tsp. dried oregano  
¼ tsp sea salt  
½ tsp dry mustard (optional)  
½ cup fresh Italian parsley, minced  
1 cup olive oil  
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

## **Italian Dressing**

½ cup olive oil  
¼ cup fresh lemon juice  
1-2 garlic cloves, peeled  
1 tsp. whole grain mustard seed (optional)  
½ cup distilled water  
1 green onion, chopped  
1 tsp. honey  
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 . tsp. basil. Mix well.



## **French Dressing**

1 cup olive oil  
1/3 cup fresh lemon juice  
1/3 cup honey  
1 tablespoon paprika  
3/4 cup salt free tomato puree  
1 tablespoon onion powder  
1/2 tsp. garlic powder  
Sea salt

Blend on high for 30 seconds.

## **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 serving