

The Daniel Fast

21-Day Daniel Fast

The 21-Day Fast is the most popular, primarily because that is the model set out by Daniel in [Chapter 10:2, 3](#) – *“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”*

Be prepared! First, have the right kinds of foods in the house that you can eat for the Daniel Fast. See the [Daniel Fast Food List](#). Also, plan your menus and prepare the foods so they are available to you. See the [Daniel Fast Cookbook](#), plus there are many recipes on the site that you can make ahead.

Second, you might want to get rid of or at least put away foods that are tempting. Kind of like the biblical accounts of Jewish women as they prepared for the Passover by cleaning their houses from top to bottom and removed all yeast from their homes. Many Jews engage in this same practice today when they prepare for the Passover.

Third, plan time to prepare meals as they will likely take a little longer than when you are not fasting. Most of the meals you prepare will be from scratch since there are so few prepared products that don't have chemicals in them. So you will want to set aside enough time to prepare your meals, not only for those you will have at home, but also those you will have at work or when you are traveling.

Of course, you also want to prepare your heart for the 21-Day Fast. Seek the Lord's guidance as you get ready to start the fast. Are there issues in your life that you need to address? Are their needs in your family or ministry that can use special attention? Are you seeking healing? Do you feel oppressed by financial bandages? This is an excellent time to search your heart, open yourself to the Lord, and allow Him to lead you into your personal 21-Day Fast. See [The Daniel Fast for the Body, Soul and Spirit](#).

God bless you and I hope the very best for you as you set aside this time to give the first of yourself to Almighty God. Remember, He rewards those who diligently seek Him. So keep your mind on Christ and your focus on righteousness.

What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

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

Then in Daniel 10 we read that the Prophet ate no meat nor any precious 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

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

When asked about the eating plan on the Daniel Fast, I often say it is a "vegan diet with even more restrictions."

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

The Daniel Fast for the body, soul and spirit

The Bible teaches us that we are a spirit, we have a soul and we live in a body. The Daniel Fast affects all three parts of us as we enter into a period of time for focused prayer and fasting.

The Body - Certainly our bodies are effected as our diet is changed, for some in very dramatic ways, during the Daniel Fast. Many men and women experience detoxing from caffeine, chemicals and sugar. The symptoms are most often headaches, leg cramps, fatigue and malaise.

Most people lose weight during the Daniel Fast. And many report healings from diabetes, allergies, arthritis and cancer.

The Soul - Frequently referred to as "the flesh" in the Bible, the soul is also greatly impacted during the Daniel Fast. The soul is the seat of our emotions, intellect, personality and will. It is in the "soulish realm" where we experience cravings, frustration, anger . . . and even happiness.

During the Daniel Fast, your soul may very well rebel against the dramatic change in your diet. Experiencing and winning this battle over the flesh is often one of the most powerful lessons of the Daniel Fast.

The Spirit - Our spirit is that born-again part of us that surrenders to God and then abides with the Father and the Son. Our spirit is filled with the Holy Spirit when we yield to Him. During the Daniel Fast, we want to put our spirit in charge of the other two parts of us. When our flesh is acting out with a craving, we take control of it with our spirit (just as a parent takes control of a rebellious child).

Fasting is always coupled with a spiritual goal. So during this time of fasting, you will want to focus on prayer, study and meditation.

An important question to ask yourself . . .

During your Daniel Fast you will have many times when you might want to "stretch the rules" a little bit. For example, even though the guidelines say we are to drink only water . . . you conclude that herbal teas are vegetables and water is water and therefore you will go ahead and drink herbal teas during the Daniel Fast.

But I encourage you to learn a powerful spiritual lesson by asking yourself (examining your heart) the question, "Why do you want the herbal teas?"

My guess is that the answer will be, "Well **I** just want them. **I** can't drink only water. **I** have to have something else."

The Daniel Fast teaches us to deny our "selves" and instead put our spirit in control over our flesh. As you plan your meals and eat your food, keep in mind that the definition of a fast is *to deny food for a spiritual purpose*.

What if you have health issues?

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

I encourage you to check with your doctor . . . and by the way, being addicted to Snickers and Coke don't count as a special need! lol

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, 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.

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

Daniel Fast Recipes

Introduction

The term "Daniel fast" comes from the Book of Daniel 1:8-14.

"But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you." Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days." The story of the "Daniel fast" came about when Daniel and his three friends, Hananiah, Mishael and Azariah, had been "deported" to Babylon when Nebuchadnezzar's army had conquered Judah (2 Kings 24:13-14).

Daniel and his three friends were chosen and put into the Babylonian court's servant "training program." Part of the program was to learn the Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law, in some parts, going against Moses' teachings. As a result, Daniel asked if he and his three friends could be excused from eating the royal food and wine (which Daniel believed had been sacrificed to false Babylonian gods and idols). In actual sense, a Daniel fast is the eating of only fruits and vegetables for a certain amount of time, while abstaining from meat products. Some people use Daniel's fast as a method to lose weight, while others carry on a Daniel fast program instead of fasting from food entirely.

The Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast. It is important to note that there is more than one way to fast. Daniel did not eat anything he wanted, but he took some food. During Daniel's fast, you are crucifying the flesh, forbidding what your body craves naturally. This will prevent your flesh from dominating your spirit. Instead, your spirit dominates your flesh. You can go a step further, if you want. You may want to say, "Lord, I'm going to sacrifice some of my time watching television to seek and pray to You." Again, the scriptural source of Daniel's fast comes from Daniel 1:8-14, where Daniel did not want to defile himself by taking up royal food and wine. Instead he chose just to eat vegetables and water. Maybe there is something you like to do, but it is always stealing the time and energy you have to seek God. Giving up those things may be more effective than giving up on meat in a "normal" Daniel's fast. Listen to the Holy Spirit and follow His leading, regarding the areas in which He wants you to get rid of. There was an evangelist who decided to give God 10% of his time to pray. He started praying at night when his family has gone to bed. Each night, he prayed for 2hrs and 40min. To do that, he had to sacrifice his television time. God has rewarded him with an international ministry. Well, 2hrs and 40min may sound insane to you. How about half an hr a day away from television, games or chatting? Take that time and seek God daily, and expect the Holy Spirit to do great things in your life. Stepping out with you,

Ingredients List

(Please note that this are just guidelines; do not treat them as a law.)

Whole Grains : Barley, brown rice, oats

Beans/Legumes : Red beans, black beans, dried beans, long beans, French beans, pinto beans, split peas, black eyed peas, lentils.

Vegetables : Asparagus, artichokes, brinjals, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnut, yams, zucchini.

Fruits : Apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantelope, dragon fruit, durian, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lychee, lime, lemons, mangosteen, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, rambutan, raisins, strawberries, tangerines, tangelos, watermelon.

Nuts and Seeds

Liquid: Distilled water, spring water, 100% natural fruit or vegetable juice

Food to Avoid in Daniel Fast recipes:

(Again, do not treat them as laws, if you have taken by accident, do not feel condemned, or you will not benefit from this fast)

Caffeine

Carbonated soft drinks

Milk

Cheese

Meat

White rice

Fried food

Refined sugar

Sugar substitutes

Food containing preservatives or additives

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White flour and food made by it

Butter, margarine and high fat products

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Breakfast

"Simple Fruit Smoothie Breakfast"

These are perfect for the Daniel Diet because of the high protein in the soy milk. If you are not used to drinking soy milk, fruit smoothies are great for you to try out.

I am a big fan of Magnolia Soy Milk (do you have that over there?). Be careful when choosing the Soy Milk, you don't want something that is "too processed".

Ingredients:

½ cup soy milk (natural sugars, or unsweetened)

1 banana

½ cup frozen berries

Preparation:

Preparation:

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

Serves: 1

Tip: You can also add silken tofu to boost the protein, or any other fruits to add to the minerals.

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“Chickpeas Snack”

Ingredients:

1x Chickpeas (dried or canned)
1/2 onion chopped
1-2 dried red chilly chopped
mustard seeds

Preparation:

1. If you using dried chickpeas, then boil this until well done.
2. Strain liquid off.
3. Sauté onion in a little oil.
4. Add dried chilly and mustard seeds. Allow to cook for 1 minute.
5. Add cooked chickpeas and salt to taste. Allow to cook for few minutes till all flavors mix nicely.

Serves: 2-4

Tip: You can eat this as a snack as it is high in protein and delicious.

“Sweet Potato Strips”

Ingredients:

4 Large Sweet Potatoes
2 tablespoon Olive Oil

Preparations:

1. Peel and thinly slice sweet potatoes.
2. Place them in an olive oil coated baking pan, turn so both sides of the potato strip is oiled.
3. Bake at 375 until they get brown around the edges.

Serves: 4

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“Fruity Oaty”

“Pease porridge hot, Pease porridge cold, Pease porridge in the pot, Nine days old; some like it hot, some like it cold, some like it in the pot, Nine days old”

Ingredients:

8 cups water
2 cups steel-cut oats (see Ingredient note)
1/3 cup dried cranberries
1/3 cup dried apricots, chopped
1/4 teaspoon salt, or to taste

Directions:

1. Portion the above ingredients to accommodate the size of most regular double boilers:
2. Combine 4 cups water, 1 cup oats, 3 tablespoons dried apricots, 3 tablespoons dried cranberries, and 1/8 teaspoon salt in the top of a double boiler.
3. Cover and cook over boiling water for about 1 1/2 hours
4. Check the water level in the bottom of the double boiler regularly.

Slow Cooker Variation:

1. Combine water, dried cranberries, oats, dried apricots and salt in a 5- or 6-quart slow cooker.
2. Turn heat to low.
3. Put the lid on and cook for about 7 to 8 hours until the oats are tender and the porridge is turns creamy.

Serves: 6 - 8

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Soup and Stew

“Quick Vegetable and Bean Soup”

This is a simple and effortless recipe for times when you need to prepare a meal quickly. You can always use things you have on hand. I also want to encourage you to have

these ingredients available all the time. This is because when you get hungry and pressed for time you won't be tempted to step outside the fasting guidelines. 🍲

Ingredients:

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

Preparation:

1. Place all ingredients in a small pot, or large if you are cooking in big portions. Heat them over medium heat till the vegetables are tender. Stir frequently so as to prevent the ingredients from burning or sticking to the pot.
2. Serve! (Now how easy is that? Ok I know this does not even count as a step. Haha! And who said fast food wasn't good for you!)

Serves: 2

Tip: You can find several really good boxed white beans and tomato soups in most grocery stores. These items go sale frequently in the supermarkets. When they do, Stock up and have them on hand.

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“Rice and Vegetable Soup”

Ingredients:

- 3 cans of tomatoes- crushed
- 1 large onion chopped
- 2 sliced carrots
- 1/2 cup frozen peas
- 1/2 cup frozen corn
- 1/2 cup uncooked barley
- 1/2 cup uncooked brown rice
- 1/2 head of chopped cabbage

Preparation:

Cook onion, carrots, barley rice and cabbage until tender.
Add remaining ingredients and add salt and pepper to taste.
You can add other vegetables that you like.

Serves: 4-6

Tip: You can substitute spinach for the cabbage.

“Rotel Tomato and Vegetable Soup”

Ingredients:

- 1 can of Rotel tomatoes
- 1 small can of tomato sauce
- 1 can of veggie-all
- 1 can of corn
- 1 can of green beans
- (or any vegetables you like)

Preparation:

1. Combine all ingredients in a sauce pan.
2. Cook for approximately 30 mins on medium heat.

Serves: 2-4

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“Home made tomato soup”

"Very quick and flavorful!"

Ingredients:

- 1 lb whole tomatoes
- 4 cups soy milk
- 1/8 teaspoon salt and pepper to taste

Directions:

1. Place diced tomatoes on a pan.
2. Put soy milk in separate pan, begin heating both--do not boil.

3. When tomatoes are hot, but not boiling, stir in 1/8 teaspoon salt and pepper and stir.
4. Pour into milk and stir.
5. Remove from heat.
6. More salt and pepper can be added to improve taste

Serves: 2

“Gourmet Tomato Soup”

Ingredients:

- 1 can tomato soup
- 1 can water
- 1/2 can of diced tomatoes
- pinch of red pepper (or to taste)
- 1 tbsp basil
- 1 tbsp italian seasoning

Preparation:

1. Mix all together and bring to a boil.

Serves : 2

Tip: Extras to add: Sauté Garlic and Onions

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“Lentil Soup”

Ingredients:

- 1 packet Lentils (16oz)
- 1 small bunch of spinach
- 1 medium tomato (very ripe)
- 1 small bell pepper (chopped)
- 2 small red potatoes
- 2 medium carrots
- 2 stocks of celery
- 1 small onion (chopped)
- 4 cloves of garlic (peeled and crushed)
- 1/3 cup of olive oil
- 5 bay leaves
- A dash of natural salt

Directions:

1. Boil water in a medium to large pot
2. Add lentils (rinsed), bay leaves and crushed garlic to boiling water
3. Cook on medium heat until lentils are tender, stir and add water when necessary
4. Add chopped potatoes, celery, carrots, bell pepper, tomato, onions, spinach and olive oil.
5. Add salt to taste
6. Continue to cook on medium heat and stir often till all the vegetables are cooked

Serves: 4

Tip: When cooking lentils or any beans, do not cover tightly as it might cause “boil-overs”

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“Potato Soup”

”This is my own recipe and every one loves it. Now when not on the fast I use milk and add ham or sausage to this and wow yummy. It is still yummy this way too.”

Ingredients:

- 4 large potatoes
- 1/2 green pepper chopped
- 1/3 red pepper chopped
- 2/3 cup chopped celery
- 3 garlic cloves chopped finely (put in oil first)
- 3 med carrots chopped small
- 1 med onion chopped fine
- 2 tbsp poultry seasoning

2 tbsp basil
3 tbsp salt
4 tbsp pepper

Directions:

1. While the potatoes are cooking, heat olive oil in a pan to sauté veggies and spices.
2. Add 1-3 liters of Soya milk, depending on the size and how creamy you would like it, you can even do 1/2 water and 1/2 Soya milk.
3. Sauté veggies for the whole time potatoes are cooking. Start on med high then reduce to med low as this add flavor to the soup. (You could add the veggie stalk about 1 tbsp) for more flavor.
4. When potatoes are cooked drain water add 1 tbsp olive oil and smash add the sautéed veggies and milk mix and enjoy.

Serves: 4-6

Tip: The longer you simmer the better the taste and thicker it will become so feel free to add more liquid.

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“Chunky Garden Gazpacho”

”Gazpacho, a cold tomato-based soup, originated in the Andalusia region of southern Spain, and I'm happy to say it found its way here from across the big pond. The Creole tomatoes give it an extra zip, and sometimes I add boiled shrimp or chunks of cooked lobster to it when serving. Some versions are pureed, but we prefer it chunky. Be sure to let it sit in the refrigerator for several hours before you serve it.”

Ingredients:

1/2 can (46 ounce) tomato juice
2 cups chopped tomatoes
1 cups chopped yellow onions
1 cups chopped celery
1 tablespoons chopped garlic
1 cups chopped assorted green, red, and yellow bell peppers
1 cups peeled, seeded, and chopped cucumbers
¼ cup loosely packed, chopped fresh cilantro leaves
1 tablespoons chopped fresh parsley leaves
1/4 cup chopped green onions (green part only)
1 tablespoons prepared horseradish
1 tablespoons Worcestershire sauce
1 teaspoons hot sauce
1 tablespoons fresh lemon juice
¼ cup fresh lime juice
1 teaspoon salt
¼ teaspoon freshly ground black pepper

Optional Ingredients:

3-4 pitted olives
1 small apple
2 medium carrots

Preparation:

1. Combine all the ingredients in a large bowl and stir to mix well.
2. Chill for at least 6 hours before serving.

Serves: 6

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“Black Bean Soup”

Ingredients:

1 Packet 16 oz dried black beans
1 small onion (chopped)

1 small bell pepper (chopped)
1 small very ripe tomato (chopped)
4 cloves garlic (crushed)
5 bay leaves
1/3 cup olive oil
Natural salt

Preparation:

1. Boil water in medium to large pot (1/2 to 3/4 full)
2. Add beans, garlic and bay leaves
3. Cook covered (not completely) until beans are tender
4. Stir often and add water when necessary
5. In a saucepan, sauté onion, tomato and bell pepper in olive oil until tender
6. Stir constantly to prevent it from sticking
7. Add the mixture in saucepan into pot
8. Add salt to taste
9. Stir, cover and cook for about 10 more minutes on medium low heat to attain preferred thickness

Serves: 2-4

Tip: Serve over brown rice. Bay leaves could be substituted with fresh cilantro.

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“Sweet Corn and Bean Soup”

Ingredients:

2 corn stalks, chopped
2 carrots, chopped
4 cans of water
1 can kidney beans drained
1 can navy bean drained
1 can green bean drained
1 yellow onion chopped
2 stalks kale chopped
1/8 head cabbage chopped
garlic, ginger & salt to taste

Directions:

1. Pour all ingredients into a large pot over medium high heat. Cook until kale is tender

Serves: 4

“Vegetable Couscous”

Ingredients:

1 cup couscous
1 cup boiling water
1/8th cup dried vegetables flakes(carrots, celery, onions)

Preparation:

1. Add all ingredients
2. Let it sit for 10 minutes

Serves: 2

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“Vegetable Stew (Giambotta)”

Ingredients:

1/4 cup extra-virgin olive oil plus some to drizzle
1 bay leaf, fresh or dried
3 cloves garlic, 2 chopped, 1 whole cracked from skin
2 onions, sliced
2 large potatoes, peeled and chopped
1 eggplant, chopped
1 zucchini, chopped
1 red bell pepper, seeded and chopped

Salt and pepper

- 1 (28-ounce) can fire roasted diced tomatoes
- 1 cup stock, chicken or vegetable
- 1/2 cup torn or chopped basil (10 to 12 leaves)

Preparation:

1. Preheat broiler.
2. Heat a medium soup pot over medium heat.
3. Add extra-virgin olive oil, bay, chopped garlic and onions and let them sweat out while you prepare the rest of the veggies. Work next to the stove and drop as you chop, in order of longest cooking time: potatoes, eggplant, zucchini, and bell pepper.
4. Season with salt and pepper, cover and cook 10 minutes, stirring occasionally.
5. Uncover and add tomatoes and stock and cook 5 minutes more, to heat through.
6. Turn heat off and stir in basil.

Serves: 4

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“Creamy Corn Potato Soup”

Ingredients:

- 3 cans corn
- 6 medium-large red potatoes (chopped in 1/2 inch pieces)
- 6 carrots (finely chopped)
- 1 medium-large onion (finely chopped)
- 2 green peppers (finely chopped)
- 2 bay leaves
- 3 teaspoons thyme
- 2 teaspoons marjoram
- 1-2 teaspoons cumin
- 2 teaspoons sea salt
- 2 teaspoons pepper
- 3 32oz. boxes of vegetable broth
- water

Preparation:

1. Put vegetables and spices in a large soup pot.
2. Cook on medium heat, stirring occasionally for 15 minutes.
3. Add broth and maintain a light boil.
4. Cook 45 minutes to 1 hour.
5. Remove from heat.
6. Blend 3/4 of the soup mixture in a blender in batches.
7. Put blended soup in a large bowl or container until the blending process is complete.
8. Pour the blended soup back into the pot.
9. Add water to thin and obtain the desired consistency.
10. Heat through and serve.

Serves: 8-10

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“Veggie SANCOCHO (stew/soup of root vegetables)”

Ingredients:

- 3 medium potatoes, cleaned and cubed
- 2 medium carrots, peeled and cut in 1/4 inch rounds
- 1 medium yautía, peeled and cubed
- 1 small malanga (taro root), peeled and cubed
- 2 green plantains, peeled and cubed
- 1 small onion, diced
- 1 small bell pepper, diced
- 1 corn on the cob (cut)

2 tomatoes, peeled and cut in small dice
2 tbs sofrito
1 tbs olive oil
1 vegetable bouillon cube
2 bay leaves
½ bunch cilantro (optional), chopped
1 tbs Salt, divided
10-15 turns of the mill of Freshly Cracked Ground Pepper, divided
Water
Avocado slices, for garnish at the end

Preparation:

1. In the largest stock pot you have, start by adding the olive oil, sofrito, onion, bell pepper, celery and bouillon cube. Smash the cube so that it melts in with the rest of the ingredients. Allow for the celery, onions and peppers to soften. Add the tomatoes and let those juices mix together. Season with a little salt and pepper.
 2. Add the *viandas* - potatoes, carrots, yautía, malanga, and plantain. Mix well with the ingredients already on the pot. Add water until covering 1 inch over the contents of the pot. Add the bay leaves, the chopped cilantro leaves, some additional salt and pepper. Taste to check the water is well seasoned. Cover. Let it come to a boil and simmer at medium heat for about 30-40 minutes.
 3. Check the pot every so often and move the sancocho around, to avoid the bottom from scorching. When you reach the 20 minute mark, add the pieces of corn on the cob. Cover again and let it boil for the last 10 - 20 minutes. Make sure the root vegetables are fork tender.
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4. Turn off the stove and let the sancocho finish cooking with the residual heat from the pot and stove. Allow it to rest and mellow for about 20 minutes. The soup will maintain hot for about 1 hour, no problem.
 5. When you're ready to eat, garnish on top with slices of avocado and if you want, you can drizzle a squirt of lime juice too.

Tip: You can alter any of the ingredients to your liking and add other seasonings.

“Easy Black Bean Soup”

Ingredients:

1 can black beans 16 oz
1 tablespoon mustard
1 teaspoon vinegar(any type)
½ green pepper
2 cups water

Preparation:

1. Chop pepper
2. Add all ingredients into soup
3. Heat up over medium flame

Serves: 4

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“Cabbage Soup”

Ingredients:

1 head of cabbage
1 small bag baby carrots
2 medium potatoes
1 large onion
Olive oil
Water
Salt pepper & onion powder 2 taste

Preparation:

1. In a large pot coat bottom of pot with olive oil to prevent sticking on

medium heat,

2. Cut cabbage into 1/4 pieces -cut each piece in half
3. Rinse cabbage in cold water and drain
4. Separate cabbage as you add it to the pot
5. Add chopped onions and seasonings and 1-2 cups of water depending on how juicy you like your cabbage
6. Cook approx 10 min until cabbage has reduced some
7. Cut carrots and potatoes into medium bite size pieces and add to pot
8. Cook another 5 min and add more water if needed
9. Cook an additional 15 min or until vegetables are done

Serves: 4

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Salad

“Easy Red Onion and Orange Salad”

An alternative to the usual tossed salad, the colorful and tasty Simple Orange and Red Onion Salad is drizzled with a tangy dressing. As a bonus, you can prepare it in minutes. Here is what you need...

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 lime juice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preparation:

1. Arrange the romaine, oranges and onion on a serving platter.
2. Combine the remaining ingredients in a jar with a tight-fitting lid and shake well.
3. Sprinkle over salad and serve immediately.

Serves: 4

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“Cucumber/Green Olive Salad”

Ingredients:

- 1 large cucumber
- ½ cup sliced green olives
- 2 tablespoons balsamic vinegar
- 1 tablespoon olive oil

Preparation:

1. Chop cucumber
2. Add olives
3. Mix in oil and vinegar

Serves: 4

“Raspberry Vinaigrette Salad”

Ingredients:

- 1/2 pint raspberries
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon red wine vinegar
- 1/3 cup extra virgin olive oil
- Salt and freshly ground pepper, to taste

Preparation:

1. Place the raspberries, mustard, lemon juice, and vinegar in a blender or food processor and puree until smooth.
2. With the motor running, add the oil in a slow, steady stream, and season to taste with the salt and pepper.

3. Use immediately or refrigerate up to 3 days.

Serves: 1

Tip: Great on a salad with slivered almonds, diced apples, peppers, mushrooms and grapes.

25

“Warm New Asparagus and Potato Salad”

Ingredients:

700g baby new potatoes (cut in half if more than 4cm long)

25g walnuts, roughly chopped

16-24 asparagus spears (4-6 spears per person)

80g young spinach leaves

6 large radishes, sliced

Pepper and salt to taste

Dressing:

50ml olive oil

2 tablespoon lemon spoon

Preparation:

1. Pre-heat oven to 200C / 400F / Gas 6. Parboil the potatoes for 1 minute until slightly tender. Drain and cool for minutes before placing in a roasting pan.

2. Mix the dressing ingredients, seasoning with salt and pepper if desired, and pour half over the potatoes, mixing well. Roast for approx 2 minutes until soft on the inside and crisp on the outside. Sprinkle the walnuts on a separate baking tray and dry roast for 3 - 4 minutes to intensify their flavor. Do not let them burn!

3. Trim the woody ends off the asparagus spears and discard. Steam the asparagus for to minutes (depending on size) until tender. Place in a dish and pour over the remaining dressing.

4. To assemble the salad: cover the base of a large, wide salad bowl with spinach leaves; place the potatoes on top by the asparagus. Finally sprinkle with the roasted walnuts and garnish with the radish slices.

26

“Mexican Salad (and Dip)” by Debbie Courtright

Ingredients:

For blender:

2 large tomatoes

1/2 jalapeno

1/2 cup chopped cilantro

Juice of one lemon

two garlic cloves

1/4 of a yellow onion

1/4 tsp. sea salt

For plate:

1 large tomato

1 lettuce

1 avocado

1/2 cup pinto beans

Preparation:

1. Place tomatoes, jalapeno, cilantro, lemon juice, garlic, onion and salt into blender and blend well.

2. On your plate, put a bed of lettuce, sliced avocados, chopped tomatoes and 1/2 cup pinto beans.

3. Pour this tomato mixture on top. It's really good.

Serves: 2-4

Tip: Mix one mashed avocado with the leftover tomato mixture and use as a dip with carrot sticks, celery sticks, raw broccoli and cauliflower. Awesome.

27

“Two-Bean Salad”

Ingredients:

2 cups Fresh black-eyed peas
2 cups Fresh lima beans
1/4 cup Minced red onion
1/2 cup Chopped canned pimento, drained
1/2 cup Minced fresh parsley
1/2 cup extra virgin olive oil
Juice of one fresh lemon
1 tsp. freshly ground salt to taste
1 tsp. Freshly ground black pepper

Preparations:

1. Place black-eyed peas and fresh lima beans in 2 separate saucepans.
2. Cover with water and cook until firm. Do not overcook.
3. Drain and rinse with cold water.
4. Combine the black-eyed peas and lima beans in 1 saucepan.
5. Add the next 7 ingredients and dress beans while warm.
6. Set aside for 30 minutes to develop flavors. Adjust for seasonings.

“Cuban Bean salad”

Ingredients:

1 can Cuban Black beans
1 small red onion chopped
1 tsp. cilantro
Juice of one fresh lime

Preparation:

Mix and serve cold.

Serves: 4

28

Rice and Grains

“Steamed Brown Rice”

Instead of white rice, noodles and bread, brown rice will become a staple carbohydrate for most people undergoing the Daniel Fast.

Brown Rice comes in many varieties and you can buy them for a lower price at health food stores than at regular hyper-marts.

It is also believed that brown rice helps to control blood pressure and also reduces wide fluctuations in blood sugar. The high fiber content of brown rice has a good effect on controlling cholesterol and cholesterol control is the key to keeping away heart disease. Brown rice and white rice follow the same basic process for cooking.

Preparation:

1. Soak for 25 to 30 minutes in water. The soaking process of brown rice helps to soften the bran layer on the rice seed and makes the rice easily edible.
2. Add water to rice when cooking at a ratio of 1:2 (one cup of brown rice: two cups of water). Brown rice once cooked, retains a texture that is firmer than white rice and this is what gives brown rice a rich nutty flavor.
3. Add salt or soy sauce for flavoring

29

“Green grams and Rice”

Ingredients:

One cup boiled green grams
three grated carrots
two cubed onions
one cubed tomato
one cup brown rice
salt and pepper to taste

half a spoon cumin seeds
half a spoon turmeric powder.

Preparation:

1. Fry the onions and tomatoes in a tablespoonful of olive oil, or sesame seed oil until soft.
2. Add all the spices mixing with some water to prevent them from sticking to the pan.
3. Add the carrots, and green grams, and a cup full of warm water, and let it simmer for five minutes.
4. Soak a cup of brown rice in cool water for half an hour, then drain.
5. Put two cups of boiling water in a pot and add salt and pepper to taste.
6. Add the rice, and lower the heat and let it cook for twenty minutes.
7. Serve together with the green grams and carrot stew!
It is delicious.

Serves: 2-4

Tip: "You can also add a bit of lime juice to the stew. Hope this helps you!"

30

"Stuffed Peppers Rice"

Ingredients:

Two 4.4 oz ready to serve natural whole grain Brown Rice(Minute)
One 15 oz can black beans
One can drained diced tomatoes (Hunts 100% Natural Organic)
One 15 oz can tomato sauce
Cumin and salt and pepper to taste
3-4 Green Bell Peppers

Preparation:

1. Preheat oven 400
2. Spray casserole dish with non stick spray
3. Core and cut peppers length wise, clean out seeds etc.
4. Combine rice, beans and diced tomatoes
5. Add desired amount of cumin, salt and pepper
6. Stuff peppers
7. Place in casserole dish
8. Pour tomato sauce over peppers
9. Bake 45min.
10. Serve

Serves: 4-6

31

"Spicy Brown Rice With Corn"

This is an easy to prepare brown rice dish with frozen corn kernels seasoned with cilantro and cumin.

Ingredients:

1 cup brown rice
1 cup frozen corn kernels
2 cups water
1 tablespoon olive oil
½ teaspoon dried cilantro
½ teaspoon cumin seed

Preparation:

1. In a saucepan, mix the rice, water, olive oil and boil them.
2. Mix in the corn, cumin and cumin.
3. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed by the ingredients.

Serves: 6

32

“Spicy Tortilla with Brown Rice”

Ingredients:

1 cup uncooked brown rice
4 (10 inch) whole wheat tortillas
2 cups water
1 onion, chopped
1 small zucchini, chopped
1 small yellow squash, chopped
1 1/4 cups hot sauce
3 tablespoons soy sauce
2 teaspoons garlic powder
2 tablespoons olive oil
1 teaspoon ground black pepper
1/2 teaspoon salt

Preparation:

1. In a saucepan bring 2 cups of water to a boil; add rice. Reduce heat, cover, and simmer for 20 minutes.
2. Heat olive oil in a large skillet over medium heat. Sauté onion, bell pepper, zucchini, and yellow squash until onions are tender. Stir in the hot sauce.
3. When the vegetables are tender, stir in the cooked rice, soy sauce, garlic powder, salt and pepper. Simmer for 3 to 5 minutes.
4. Place 1/4 of the rice and vegetables in each tortilla, and roll up.

Serves: 2-4

33

“Red Beans and Rice”

Ingredients:

1 packet dried red beans
1 onion, chopped
1 green bell pepper, chopped
3 stalks celery, chopped
2 cloves garlic, chopped
3 T Creole Seasoning

Preparation:

1. Put all of the ingredients in a Crock Pot on High for 7 hours.
2. Serve over separately prepared brown rice.

Serves: 3-4

“Rice Pasta”

Ingredients:

2 cups of rice pasta (cooked, drained & rinsed)
1 cup of black olives (cut in halves)
1 cup of cherry tomatoes (cut in halves)
1 cup of portabella mushrooms lightly sautéed in a table spoon of olive oil (I cut them into small pieces before I sauté them)
1/2 cup of purple onions chopped
1 tsp of dried oregano
1/2 tsp of garlic powder

Preparation:

1. Sauté mushrooms, olives, tomatoes, onions, oregano in olive oil
2. Add garlic powder
3. Pour over rice pasta

Serves: 2-4

34

“Orange Cranberry Couscous”

Ingredients:

1 cup whole wheat couscous, cooked

1 1/2 cups Orange Juice
1 tbsp Olive Oil
1/2 cup dried cranberries
1/3 cup parsley, chopped
1 cup slivered almonds
1 garlic
1 tsp pepper
1 tsp salt

Preparation:

1. Heat a large sauté pan over medium-high heat. Add the olive oil and heat.
2. Add the garlic and cook for 1 minute.
3. Lower the heat to medium and add everything else, pouring in the orange juice occasionally.

Serves: 2-4

35

“Black-eyed Peas and Brown Rice”

Ingredients:

1 can black-eyed peas
1 can petite diced tomatoes w/green chilies (I used HOT)
Olive oil
2 Garlic
Cilantro
1 large Onion
Prepared brown rice

Preparation:

1. Sauté the onion and garlic in small amount of olive oil until onions are tender.
2. Add peas, tomatoes, cilantro, salt & pepper.
3. Bring to a boil, reduce heat and simmer for about 5 minutes.
4. Serve over brown rice.

Serves: 2-4

36

“Vegetarian Fried Rice”

Ingredients:

2 1/2 cups cooked brown rice (cold is fine, but rice should be moist)
4 cloves garlic - finely chopped or minced (tip: when chopping garlic, add some salt to your cutting board, it reduces sticking to your knife)
1 Medium Onion diced
3/4 cup diced carrots (about 8 baby carrots chopped)
2 Medium mushrooms chopped (generic white mushrooms)
1 Cup frozen petite peas (tip: I recommend organic or IPM - less pesticides)
5 tablespoon Olive Oil
Spices including: Tarragon, Thyme, Turmeric, Sage, Cayenne and black pepper
2 teaspoon salt
1/4 cup water

Preparation:

1. Rice should be cooked before you start
2. Add 4 Tablespoon Olive oil in a 12" skillet at medium heat
3. Add garlic and 1/2 teaspoon salt (unless you used salt when cutting the garlic)
4. Let garlic soften, then add onions and carrots, fry for about 1 minute, mix occasionally
5. Add mushrooms and 1/2 teaspoon salt and continue to cook for about 2 minute until vegetables have softened and the onions begin to become translucent
6. Move vegetables to one side of the skillet.
7. Add rice to empty part of the skillet.
8. Add 1/2 teaspoon salt and 1 tablespoon olive oil onto the rice.
9. Flatten out rice to fill empty half of skillet and let fry.

10. Add spices: about 1/2 teaspoon of Tarragon and 1/2 teaspoon of Thyme.
11. Add turmeric, cayenne pepper and black pepper as desired
12. Occasionally turn rice to ensure even cooking, don't let the vegetables burn.
If needed add water to soften
13. Add frozen peas and 1/4 cup water
14. Toss until peas are done and water is absorbed

Serves: 2-4

37

“Stir-Fry Pepper with Rice”

Ingredients:

2 cups short-grain brown rice
 1 box organic vegetable broth
 Peanut oil
 3 stems of celery halved and diced to bit sizes
 1/2 sweet green pepper, diced
 1/2 sweet orange pepper, diced
 1/2 cup broccoli floweret's (cut to bite size)
 Diced onion (1 small to med size)
 6 mushrooms, stemmed, peeled and diced
 Sea salt

Preparations:

1. Bring to a boil, 1 box of vegetable broth (organic)
2. Add 2 cups of short-grain brown rice turn temperature down to low and cook till all liquid is gone.... (Recipe on broth box)
3. In pan, add peanut oil (just cover bottom of pan for frying veggies)
4. Add: celery, green pepper, orange pepper, onion, broccoli flowerets, and mushrooms
5. As this is cooking over med heat, add stir-fry sauce to suit taste (about 2-3 tbsp)
Add sea salt to suit your taste
6. Turn heat down under the stir-fry and simmer till rice is almost cooked
7. Add a reasonable amount of fresh bean spouts to top of stir-fry and cook for only a few minutes as sprouts cook quickly and you don't want to overcook them to the point of being mushy.

Serves: 4-6

Tip: Spoon a base of rice onto plate and top with generous amount of stir-fry. ENJOY!

38

“Mushy Asparagus with Rice”

Ingredients:

10 asparagus spears, sliced into chunks
 8 mushrooms, sliced
 1 medium Zucchini, sliced
 1 tablespoon Parsley
 ¼ cup Almonds
 Olive Oil

Preparation:

1. Spread the olive oil and heat
2. Sauté the asparagus chunks, mushrooms and zucchini.
3. When almost cooked, throw in the parsley and almonds.
4. Serve with brown basmati rice.

Serves: 4-6

Tip: If you want the mushrooms to juice and give you a sauce for the rice, cover the pan as you sauté; then heat the almonds separately in a dry fry pan. But if you let the mushroom juice cook out, you can add the almonds and they won't get water-logged.

39

“Bean Curry and Rice”

Although are many ingredients to this, it is an easy recipe and you can adjust the

amount and types of spices to suit your “hot tolerance”. You might also want to add carrots, potatoes, cabbage, mushroom or any other vegetables.

Ingredients:

4 cups cooked brown rice
1/4 cup dry lentils
1/4 cup raisins
1/2 can crushed tomatoes (28 ounce)
1/2 can garbanzo beans, drained and rinsed (15 ounce)
1/2 can kidney beans, drained and rinsed (8 ounce)
1/2 large white onion, chopped
1.5 tablespoons curry powder (make sure all natural vegetable ingredients)
1 tablespoons olive oil
1 cloves garlic, minced
1/2 teaspoon ground cumin
1/2 pinch cayenne pepper
Pepper and salt for flavoring

Preparation:

1. Soak brown rice for 25 to 30 minutes in water.
2. Add water to rice when cooking at a ratio of 1:2(one cup of brown rice: two cups of water).
3. In a large pot, heat the oil over medium heat.
4. Stir fry the onion until golden brown
5. Mix in garlic, lentils, curry powder, cayenne, cumin, cook for 2min
6. Mix in kidney beans, raisins, garbanzo beans and tomatoes.
7. Add pepper and salt for flavor
8. Reduce heat to low and let it simmer for at least an hour while stirring every few minutes.

Serves: 4

40

“Dhal Curry and Brown Basmati Rice”

Ingredients:

Half a cup pea dhal (split yellow lentils)
Half grated tomato
1 onion diced
Half teaspoon turmeric powder
Pinch of mustard seeds
Quarter teaspoon jeera seeds
Pinch of fresh curry leaves
2 fresh cayenne chilies
1 teaspoon crushed garlic
Half teaspoon salt
1 tablespoon Olive oil
Fresh coriander
1 cup brown Basmati rice

Preparation:

1. Cook dhal in pressure cooker with enough water to cover the dhal for 15 mins or until it turns into a smooth paste.
2. Sauté onions; curry leaves; jeera seeds; mustard seeds and chilies in olive oil until onions sweat. Add turmeric powder and garlic.
3. Allow garlic to whiten before adding grated tomato.
4. Cook tomato for about 30 seconds before adding the dhal paste into the pot.
5. Add a cup of water and salt and allow it to cook for about two minutes.
6. Turn off heat and allow it to simmer for another minute. The consistency should look a thick soup.
7. Cook brown Basmati rice in water with a little salt.
8. Once cooked, strain out any excess water from the rice.

9. To serve: place brown rice into plate and pour dhal over rice. Garnish with chopped fresh coriander.

Serves: 2-4

41

“Vegetarian Chili Rice”

Ingredients:

2 tablespoons canola oil
1 1/2 cups chopped yellow onions
1 cup chopped red bell peppers
2 tablespoons minced garlic
2 to 3 Serrano peppers, stemmed, seeded, and minced, depending upon taste
1 medium zucchini, stem ends trimmed and cut into small dice
2 cups fresh corn kernels (about 3 ears)
1 1/2 pounds Portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
2 tablespoons chili powder
1 tablespoon ground cumin
1 1/4 teaspoons salt
1/4 teaspoon cayenne
4 large tomatoes, peeled, seeded and chopped
3 cups cooked black beans, or canned beans, rinsed and drained
1 (15-ounce) can tomato sauce
1 cup vegetable stock, or water
1/4 cup chopped fresh cilantro leaves
Cooked brown rice, accompaniment
Diced avocado, garnish
Chopped green onions, garnish

Preparation:

1. In a large, heavy pot, heat the oil over medium-high heat.
2. Add the onions, bell peppers, garlic, and Serrano peppers, and cook, stirring, until soft, about 3 minutes.
3. Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes.
4. Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about 30 seconds.
5. Add the tomatoes and stir well.
6. Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil. Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.

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7. Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.

Serves: 6-8

Tip: To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a spoonful of avocado.

43

Main Dishes

“Portobello Mushroom Steak”

Ingredients:

12 Portobello mushroom caps
1/2 cup fresh lemon juice, squeezed
2 tablespoons lime juice
2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger

1/2 teaspoon marjoram

Preparation:

1. Wash mushrooms and place in medium zip-lock bag.
2. Combine remaining ingredients in a bowl and stir.
3. Add mixture to the mushrooms and marinate for a few hours.
4. Grill indoors or outdoors till cooked.

Serves: 4

Tip: Serve with grilled squash, asparagus and baked sweet potatoes.

44

“Veggie Chili Beans”

Ingredients:

- 2 can pinto beans or chili beans
- 2 can black beans
- 1 can corn
- 2-3 cans of diced tomatoes
- 1 tbs. olive oil
- 1/2 cup onion, chopped
- 2 cloves garlic, minced
- 2 tbs. chili powder
- 2 tsp. sea salt
- 1 tsp. dried Oregon, crushed
- 1 ts. ground cumin
- 1.4 tsp. pepper
- water (optional)

Preparation:

1. Heat 1 tbs. oil in large pot and sauté onion and garlic
2. Add all remaining ingredients
3. Stir well
4. Add enough water to make chili to the consistency desired
5. Let simmer on med/low heat until heated thoroughly

Serves: 6-8

Tip: Serve with organic tortilla chips. Substitute the diced tomatoes and all of the spices for 2-3 cans of organic chili seasoned diced tomatoes. Usually it can be found at Kroger.

45

“Ratatouille”

Ingredients:

- 1 medium eggplant cut into cubes
- 2 small zucchini sliced and then sliced in half
- 1 medium green pepper (about 1 cup) I used the red and yellow they are a little sweeter
- 1 medium onion finely chopped
- 4 medium tomatoes cut into 4ths (I used my home canned tomatoes and added a little juice)
- 1/4 cup olive oil
- 1 clove garlic, crushed
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 teaspoon of basil
- I added a little asparagus too.

Preparation:

1. Cook all ingredients till crisp tender (as you like) stirring occasionally, about 10 minutes or so.

Serves: 4-6

Tip: Top serving with slivered almond for crunch.

46

“Whole Wheat Spaghetti and Homemade Tomato Sauce”

Ingredients:

- 1 package Whole Wheat Spaghetti Noodles
- 1 Large Can Diced Tomatoes
- 1 small can Tomato Paste
- ½ teaspoon Garlic Powder
- 1 teaspoon Thyme
- 1 teaspoon Basil
- ½ teaspoon Parsley

Preparation (approximately 15 minutes total):

1. Boil Large Pot of Water
2. Cook Noodles until tender, drain and rinse
3. While noodles cook, in medium sauce pan- mix remaining ingredients, using a masher to mash the diced tomatoes.
4. Warm and serve over noodles.

Serves: 4-6

Tip: Add in other veggies, such as chopped carrots, mushrooms, celery and eggplant either fresh or cooked until tender.

47

“Thai Style Stir Fry with Lemongrass”

The flavors in this Thai-styled recipe are so rich that they provide for a very satisfying main dish for dinner during your Daniel Fast. For a complete meal, you can serve it over brown rice along with a fruit salad.

Ingredients:

- 1 cup broccoli, chopped
- ¾ cup fresh green beans, sliced
- ¾ cup fresh carrots, thinly sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 4 cloves garlic, minced
- 2 green chilies, minced
- 2 stems lemongrass, sliced thin
- ½ block tofu, cut into ½ inch cubes
- 3 tablespoon peanut or sesame oil
- 2 tablespoon lime juice
- Salt to taste

Preparation:

1. Fry the tofu in oil for 5min until lightly golden.
2. Add the vegetables and stir-fry for a few more minutes, until vegetables are cooked.
3. Add the rest of the ingredients and cook for another 2min.
4. Serve with brown rice

Serves: 4

48

“Sizzling Kidney Beans”

Ingredients:

- 1 can (16 ounce) kidney beans, drained with liquid reserved
- 3 cloves garlic, chopped
- 1 yellow onion, diced
- 1 red bell pepper, chopped
- ¼ cup olive oil
- 1 tablespoon chili powder
- 2 teaspoons chopped parsley
- 2 teaspoons ground turmeric
- 2 teaspoons ground cumin
- 2 teaspoons paprika

2 tablespoons unsalted tomato paste
Pepper and Salt
Hot sauce

Preparation:

1. Heat oil in a Dutch oven over medium heat.
2. Sauté onion, garlic, parsley, bell pepper, chili powder, paprika, cumin, turmeric, salt and pepper, until onions are golden brown.
3. Stir in kidney beans with some of the reserved liquid.
4. Stir in hot sauce and unsalted tomato paste.
5. Reduce heat to low, cover and simmer for an hour, stirring occasionally.
6. Add more water or bean liquid occasionally so that the beans will not dry out.

Serves: 4

49

“Baked Potatoes and Veggie”

Ingredients:

1 large baking potato
1/4 c. red onion, bell pepper, green onion, and tomato chopped.
1/4 tsp. rosemary
1/4 tsp dry garlic bits
1/4 tsp basil
salt and pepper to taste
smart balance spread(made from soybeans and olive oils)

Preparation:

Bake potato in microwave or conventional oven.
When potato is done split it open and mash the pulp.
Add all other ingredients and enjoy....delicious.

Serves: 2

Tip: Broccoli and cauliflower can be used too.

50

“Stuffed Bell Peppers”

Ingredients:

4 large bell peppers of your choice
1/2 cup of brown rice
1 can of black beans, drained and rinsed
3 zucchini (medium)
3 medium carrots
1 large onion
1/2 of a bunch of Kale- roughly chopped
1 1/2 cups of corn (frozen or fresh)
1 to 1 1/2 cups sliced mushrooms
1 large can of diced stewed tomatoes
1/4 cup of fresh basil- chopped
1/2 cup of fresh parsley- chopped
2 tbsp chopped garlic
season to taste- cumin, coriander, salt, pepper
1/4 cup olive oil

Preparation:

1. Sauté the rice using part of the olive oil until toasted.
2. Use enough water to cook until almost done.
3. In a separate skillet sauté the garlic, onion, carrots mushrooms, black beans and corn until partially tender.
4. Add the zucchini and kale.
5. Drain the rice of any excess water and add the vegetables and the stewed tomatoes using the liquid also.
6. Season to taste and simmer allowing a good amount of moisture to remain in the

mixture.

7. Cut the tops off of the bell pepper and remove the ribs.

Stuff with the mixture to overflowing, cover and bake at 350 until the bell peppers are tender.

Serves: 4

51

“Baked Oatmeal”

Preheat oven to 350 degrees.

Ingredients:

4 cups old fashioned oats (do not use instant or quick cooking).

4 cups water.

1 cup chopped apples.

½ cup chopped walnuts.

½ cup chopped dates

1 teaspoon vanilla.

Preparation:

1. Combine oats, walnuts and a pinch of salt in a bowl, mix well.

2. In a separate container, combine the water and vanilla.

3. Combine all ingredients (except the dates) and stir gently.

4. Pour the mixture into a lightly oiled 8” X 8” dish tray

5. Bake at 350 degrees for 30 to 60min. Keep an eye on this after 30 minutes; depending on variable conditions, they may cook between the 30th to 40th minute.

6. When done, take the baked oatmeal out of oven, stir in the dates, and serve warm.

Serves: 4-6

Tip: You can also serve with soy milk for this Fast. If you like it sweeter, you may use honey or raw sugar found in most grocery stores.

52

“Bean & Mushroom Curry”

Ingredients:

1 can Butter Beans

10 Large Mushrooms sliced

1/2 onion sliced

1/2 tomato chopped

1 tablespoon curry powder

Preparation:

1. Sauté onion in a little oil.

2. When onion is partially cooked add tomato and curry powder. Add a little water if necessary.

3. Add mushrooms and allow to cook for 5 min, then add can of Butter Beans and salt to taste. Allow to simmer for few minutes.

4. Garnish with Coriander.

Serves: 2-4

53

“Black Bean Salsa”

Ingredients:

2 (15oz) cans black beans, rinsed

1 (17 oz) can whole kernel corn, drained

2 large tomatoes, chopped

1 large avocado, diced

1/2 red onion, chopped

1/4 cup chopped fresh cilantro

Dressing:

1 Tbsp red wine vinegar

3-4 Tbsp lime juice

2 Tbsp olive oil

1 tsp salt
1/2 tsp pepper**

Preparation:

1. Combine all ingredients in bowl.
2. Cover and chill.
3. Garnish with avocado slices or cilantro sprigs.
4. Serve with tortilla chips

Serves: 4-6

54

“Yucca with Mojo Sauce”

Ingredients:

1 lb yucca
½ tbsp salt
2 tsp white vinegar

For the mojo:

2 garlic cloves
1 tbsp lime juice or sour orange
2 tbsp vegetable oil or olive oil
1 tsp salt
Pinch of black pepper

Preparation:

1. Peel the yucca with a paring knife and cut in half lengthwise, then sideways.
2. Cut into 3 inch chunks.
3. Bring at least 2 quarts salted water to a boil.
4. Add the yucca and cook for 20 minutes or until cracks begin to appear in the center.
5. Add the vinegar.
6. Cook the yucca for 2-3 more minutes, or until very soft.
7. Meanwhile, make the mojo.
8. Finely chop the garlic, and, in a mortar and pestle, pound it to a paste with the salt and pepper.
9. Stir in the lime juice and correct the seasoning.
10. Just before serving, heat the oil in a small frying pan and pour it into the garlic mixture.
11. Stand back -it may splatter.
12. Drain the yucca and pull out any fibers.
13. Arrange on a platter or plates and pour the hot mojo on top.

Serves: 4

55

“Mangú”

(Dominican style boiled green plantains)

Ingredients:

3 green plantains
1/2 cup diced onion. Increase the amount for more taste (and aftertaste).
1/3 cup olive oil
1 tablespoonful vinegar
1 tablespoonful salt

Preparation:

1. Peel the plantains.
Cut the plantains into pieces about one inch long.
Boil in water with the salt added for about ten minutes, until the pieces can be pierced easily with a fork.
Do not overcook, though.
Sauté the onion in oil and vinegar until well cooked.
Mash the plantain pieces in a mortar (pilón), blending the onion gravy in.

Serves: 6

Tip: You should wear gloves when peeling plantains. You may also wet your hands with

dishwashing detergent and allow drying on your hands. When you have finished peeling the plantains, rinsing your hands under running water will wash off most of the goeey stuff that green plantains exude when they are peeled.

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Side Dishes

“Spicy Home Fries”

Unlike Macdonald’s French Fries, spicy home fries serve as a delicious and healthy snack (relatively). You can use different types of potatoes and add any kind of vegetables which you like. You can also serve with tomato sauce or salsa dip.

Ingredients:

4 medium potatoes, sliced thinly
1 cup thinly sliced mushrooms
1 small onion, diced
1 small green bell pepper, diced
1 small red bell pepper, diced
4 tablespoons olive oil
1 tablespoon paprika
1 tablespoon onion salt
1 tablespoon oregano
1 tablespoon garlic powder
1 teaspoon black pepper

Preparation:

1. In a container with a tight-fitting lid, put the thinly sliced potatoes and the spices. Shake for 30 seconds, till the potatoes are well coated.
2. In a large frying pan, sauté the bell peppers, chopped onion, and mushrooms in olive oil until the onion is translucent and slightly browned. It should take less than 10 minutes.
3. Add the coated potato slices to the bell peppers, sautéed onions, and mushrooms in the frying pan. Toss well and do not stir. Let it simmer and brown for 10-15 minutes over medium-low heat.
4. Flip the potatoes over and let them sit for another 10 minutes, or until both sides are golden brown. Serve immediately.

Serves: 4

Tip: You can ignore the other vegetables if you just want spicy home fried potatoes.

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“Gemsquash & Creamed Sweet corn”

Ingredients:

3 medium Gem squash
1 packet Sweet corn
1/2 onion chopped finely
A Little Thyme (fresh or dried)
Salt to taste

Preparations:

1. Boil gems till cooked.
2. While gems are cooking, in another pot sauté 1/2 onion in a little oil until cooked.
3. Add the sweet corn, salt to taste.
4. Allow to simmer for a few minutes and then add the thyme.
5. When the gems are done, cut in half and scoop out the seeds leaving the flesh behind.
6. Fill each gem with the sweet corn mixture and enjoy!

Serves: 2-4

“Potato Taco”

Ingredients:

2 potatoes
1/2 onion
1 jalapeno pepper,
and salt and pepper to taste.

Preparation:

1. Sauté in olive oil, for about 5-10 minutes. I use frozen or canned potatoes to save on time,
2. Heat whole wheat tortillas on stove on grill and fill.

Serves: 2-4

Tip: Season with Mrs Dash southwest Chipotle Seasoning

58

“Spaghetti Squash Bath”

Ingredients:

- 1 large spaghetti squash
- 4 large crushed tomatoes
- 1 small onion chopped
- 1 clove of garlic minced
- 1 tablespoon olive oil

Preparations:

1. Puncture the squash with a fork and microwave for about 3 min. (until it is tender).
2. Place the onion and garlic in a microwave container and cook until tender, stir occasionally (1 to 2 min.)
3. Mix in the crushed tomatoes and cook another 1 to 2 min, stir occasionally.
4. Take the squash and cut in half, scoop the seeds from the middle and use a fork to pull the meat.
5. Pour the sauce over the squash and enjoy.

This will make several single servings or will feed the family and is just like spaghetti.

Serves: 2-4

59

“Vegetarian Spaghetti Squash”

Ingredients:

Stir Fried Sauce

- 10 Roma tomatoes, peeled, seeded, and chopped coarsely
- 2 cups thinly sliced mushrooms
- 2 cloves garlic
- 2 cups chopped broccoli florets or 1 package baby spinach
- 2 teaspoons oregano (powdered or flakes)
- Sea salt to taste

Preparation:

1. Slice squash in half lengthwise.
2. Scoop out the seeds with a spoon as you would a pumpkin.
3. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure).
4. Remove, drain, and cool with cold water or an ice bath to stop the cooking.
5. Then use a fork to scrape the cooked squash out of its skin and at the same time, fluff and separate the squash into spaghetti-like strands.
6. Discard the skin.
7. Reheat the squash strands by dipping with a strainer in boiling water just before serving.
8. Sauté mushrooms and onion with garlic and oregano.
9. Add tomatoes and other vegetables.
10. Cook until tender and heated through.
11. Toss in a large bowl with spaghetti squash strands.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and

serve with stir fried sauce.

Serves: 4-6

Tip: Serve hot.

60

“Oven Fries”

Ingredients:

4 Yukon Gold or Russet Potatoes, peeled and cut into wedges

5 Tablespoons of vegetable oil

Salt and Black Pepper (or your favorite fry seasoning mix. I use Salt, Garlic Powder, and Cayenne Pepper)

Preparation:

1. Put the oven rack on the lowest position and preheat oven to 475 degrees.
2. Soak potatoes in warm, yes warm, water for 10 minutes then drain and pat dry.
3. Toss potatoes with 1 Tablespoon of the oil.
4. Sprinkle rimmed baking sheet with remaining oil, salt & pepper.
5. Arrange potato wedges on the pan and cover tightly with foil.
6. Place in the oven and let steam for 5 minutes, and then remove the foil.
7. Continue to bake for 15 minutes, rotating the pan after 10 minutes.
8. Use a spatula/tongs to flip wedges over and let bake for another 5-10 minutes.
9. Rotate pan again if you notice potatoes are browning more on one side of the pan.
10. Then transfer potatoes to paper towels and blot off any excess oil.
11. Sprinkle with fry seasoning of your choice and enjoy!

Serves: 2-4

Tip: Optional toppings- Salsa, guacamole or plain old ketchup.

61

“Black Bean Niblets”

Ingredients:

1 Can Black Beans

1 Can of Niblets (corn)

1/2 cup Red Onion

1/2 cup each Red and Green Pepper

1 Clove of Garlic

1 Tsp. Cilantro

1/4 cup Olive Oil

4 Tsb. Red Wine Vinegar

1 Tsp. Lime Juice

Salt and Pepper

Directions:

1. Stir-fry red onions, garlic and pepper in olive oil until golden brown.
2. Add in the rest of ingredients and fry together for 1 min.

Serves: 2-4

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“BRAISED TOFU”

Ingredients:

1 packet firm tofu (14 ounce)

1 can water chestnuts (8 ounce), drained

3 fresh shiitake mushrooms, stems removed

1½ cups snow peas, trimmed

1 cup water

3 teaspoons olive oil, divided

Preparations:

1. Slice tofu block into 3 long slabs lengthwise.
2. Wrap each slab in paper towels, and press to squeeze out excess water.
3. Coat a large pan with cooking spray, and then add 2 teaspoons of olive oil.
4. Once the oil is hot, add the tofu pan. Fry for about 5 minutes on each side, or until

golden browned.

5. Remove tofu from pan, and then slice into cubes

6. Add the remaining teaspoon of olive oil to the skillet, and stir fry the mushrooms, water chestnuts, and snow peas.

7. Add water to the pan along with the tofu. Cover, and cook over low heat for about 10 minutes.

Serves: 2-4

63

“Garam Masala Tofu Scramble”

Ingredients:

A splash of olive oil

Couple pinches of salt¹

1/2 teaspoons garam masala spice blend

1 medium onion, halved and cut into thin slices

1/2 medium bulb fennel, cut into very thin slices

1/4 cup dried cranberries, chopped

12 ounces extra firm organic tofu, crumbled

1/4 cup chopped cilantro

1/3 cup pistachios, chopped

Preparation:

1. Cut the onion/fennel thinner than you would for a slaw - extra thin, but not quite whisper thin.

2. Add the olive oil to a big pot over med-high heat.

3. Stir in the garam masala, and then quickly add the onions and fennel.

4. Stir in onions and salt and cook until the onions soften, just a minute or two. (Now it's up to you in regards to how long you'd like to let the onions cook - if you are in a rush, just cook them for a few minutes until they soften. If you have a bit more time, let them start to caramelized and darken.)

5. Stir in the cranberries, cook them for thirty seconds and add the tofu.

6. Stir and stir to combine the tofu with the other ingredients.

7. Remove from the heat and stir in the cilantro and pistachios.

8. Taste and add more salt if needed.

Serves: 4

Tip: You can buy garam masala spice blends, or make your own from spices like cardamom, cloves, cumin, and cinnamon. On the tofu front, I actually like to use a firmer tofu which lends more structure in the end, softer water-packed work as well but lend a looser, and in some cases creamier texture.

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“Whole Grain Black Bean Tortilla chips”

Ingredients:

2 can of mixed organic black beans

2 tomatoes

1 large lettuce, shredded

1 large onion (optional)

1 avocado

olive oil

salt

Preparation:

1. Put lettuce shreds on a plate.

2. Add tomatoes, onions, avocado & spray with olive oil.

3. Top with Black beans salted to taste.

Serves: 4

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“Split peas (Dhal)”

Ingredients:

1xCup Split peas (yellow or green)
1/2 sliced tomato
1/2 sliced onion
1/4 tsp turmeric powder or yellow coloring
1/2 tsp mustard seeds
1/2 tsp cumin seeds
2 chopped dried red chilies

Preparation:

1. Boil split peas together with tomato & turmeric powder until well done. You could also liquidize the split peas until it resembles soup consistency.
2. Sauté onion in a little oil.
3. Add the mustard and cumin seeds.
4. Add dried chilies. Cook for 1 minute.
5. Add split pea mixture.
6. Add salt to taste and allow simmering for a few minutes.
7. Garnish with Coriander.
8. Have this as a soup or serve it with brown rice.

Serves: 2-4

Tip: You can also boil a whole lot of split pea i.e. 1kg at the same time (adjust tomato & turmeric qty) and then make smaller portions and freeze them for when you need. Then all you do is braise onion and spices and add frozen mixture with a little water and simmer. Easy peasy...

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“Grilled Roasted Vegetables with Pineapple”

Great roasted vegetables that I usually cook on the grill, but can be roasted in the oven as well. The pineapple adds a wonderful sweetness to the vegetables. This recipe is easily modified to include your favorite vegetables or spices.

Ingredients:

1 C diced potato (peeled or unpeeled)
1 C chopped bell pepper (any color)
1 C chopped raw mushrooms
1 medium onion, chopped
1 C cherry tomatoes
1 can pineapple chunks in natural juices
3 tbsp olive oil
2 tsp chopped garlic
2 tsp dill weed
1 tsp celery salt or celery seed
1 1/2 tsp cayenne pepper (optional)
1 1/2 tsp garlic powder (optional)
1 1/2 tsp onion powder (optional)
salt (to taste)
pepper (to taste)

Different vegetables and spices can be substituted based on preference and availability

Preparation:

1. Chop the vegetables into similar sized chunks.
2. Place all ingredients in large bowl.
3. Do not drain pineapple.
4. Mix thoroughly, and then drain all liquids.

Grilled:

Option 1

Place vegetables in grill-safe roasting pan and place on grill.
Set on med high heat.
Stir every 5-10 minutes until tender.

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Option 2

Place vegetables on heavy duty aluminum foil sprayed lightly with Pam.

Fold aluminum foil into a sealed pouch and place on grill.

Set on medium heat.

Turn over every 5 minutes for 20 - 25 minutes. (Is usually done by the time your meat is done)

Oven:

Place vegetables in roasting pan.

Bake at 350 degrees.

Stir every 10 minutes until tender.

Serves: 6

68

“Popeye’s Favorite”

Ingredients:

2 bags spinach

3 garlic cloves

1 lg. can diced tomatoes

1 can artichoke hearts

sliced green olives

olive oil

Preparation:

1. Heat olive oil and garlic for a few minutes.

2. Add spinach.

3. Once spinach is cooked, add diced tomatoes, artichoke hearts (halved or quartered) and the sliced green olives.

4. Serve over brown rice or any whole grain pasta.

Serves: 2

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Dips and Gravies

“Mushroom Dip”

Appropriate Daniel Fast gravy made with soy milk can be a nice addition to your menus.

For mushroom dip, you can use the gravy mix as your base. You can dip fresh vegetables or fruits to it and then serve it over rice or some other whole grain.

Ingredients:

1 cup sliced fresh mushrooms

1/2 onion, chopped

1 clove garlic

1 cup water or vegetable stock (included in this book)

2 tablespoon whole-wheat pastry flour

1 tablespoon vegetable oil

1/4 teaspoon thyme

1/4 teaspoon savory

Pepper and salt

Preparation:

1. In a medium pan over medium to high heat, sauté onion and garlic in oil until golden brown.

2. Add mushrooms, turn to low heat and cook for 5 minutes.

3. Add in flour, stir and cook over medium heat for 2 minutes.

4. Add water or vegetable stock. Continue to cook and stir for about 3 to 4 mins until thickened.

5. Season with salt, pepper and herbs for flavoring

Serves: 4

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***Texas Caviar* by Jose**

Ingredients:

1 can of Black-eyed Peas (liquid drained off)
1 can of Whole Kernel Corn (liquid drained off)
1 medium Onion (chopped)
1 medium Bell Pepper (chopped)
1/2 cup finely chopped Celery
1 or 2 Jalapenos (chopped)
1 bottle of Italian Dressing

Preparation:

1. Mix all ingredients together and chill in the refrigerator for 24 hours.

Serves: 4

Tip: Texas Caviar can be eaten with Fritos or Doritos as a dip or as a vegetable with the meal.

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"Tarragon Basil Gravy"

Great for rice topping, or as supper

Ingredients:

1 pound penne rigate (with lines) pasta
1/2 pound asparagus, trimmed of tough ends
1 small zucchini
1/4 pound, haricots verts (thin green beans) trimmed of stem ends
1/4 cup pine nuts
1 cup basil, 20 leaves
1/2 cup tarragon leaves from 10 to 12 stems
Handful flat-leaf parsley
1 lemon, zested
1 clove garlic
Coarsely ground black pepper
1/3 cup extra-virgin olive oil
Salt

Preparation:

1. Cut asparagus spears into 2-inch pieces on an angle.
2. Cut zucchini into matchstick shapes.
3. Cut haricots verts or green beans into 2-inch pieces on an angle.
4. Add vegetables to pasta after penne has been cooking about 5 minutes.
5. Boil veggies for 2 minutes.
6. Toast pine nuts in a small pan until golden, then cool.
7. Place nuts, basil, tarragon, parsley, lemon zest, garlic, and a little salt and pepper in a food processor.
8. Turn the processor on and stream in the extra-virgin olive oil until thick sauce forms.
9. Scrap the gravy to into large, shallow serving dish.
10. Drain veggies and add immediately to gravy.
11. Adjust salt and pepper, to taste.

Serves: 4

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Fruit Dessert

"Avocado with Groundnut Dressing"

Ingredients:

2 ripe Avocados -- ripe
1 tablespoon lemon juice
2 tablespoons peanuts -- shelled
1/2 teaspoon paprika
1/2 teaspoon cinnamon

Cayenne to taste
Salt to taste
Fresh chives to garnish

Preparation:

1. Peel the avocados; cut out the stone and cut into cubes.
2. Sprinkle with lemon juice and set aside.
3. Grind the peanuts roughly with a rolling pin or in a grinder for a few seconds.
4. Mix the peanuts and spices well.
5. Sprinkle over the avocados with finely chopped chives.

Serves: 2

Tip: Refrigerate until ready to serve.

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“Guineitos en Escabeche”

Ingredients:

1 tbsp white vinegar
1 bay leaf
8-10 green bananas
4 tbsp salt
¼ cup soy milk

Ingredients for marinate:

1 cup olive oil
1 medium Spanish onion, thinly cut
1 medium red onion, thinly cut
1 yellow pepper, thinly cut
2 garlic cloves, thinly chopped
1 tsp red pepper flakes
½ cup stuffed green olives, thinly chopped
2 tbsp small cappers
Salt and pepper to taste
1 tbsp cilantro, chopped
½ cup white vinegar

Preparation:

1. Boil the bananas with the skin on, add three tablespoons of salt to the water, milk and cook for 20-25 minutes or until they are done.
2. Peel and cut the bananas into 1 inch slices and let them cool at room temperature.
3. Sauté onions, pepper and garlic in olive oil at medium heat for 2-3 minutes.
4. Turn off the heat and add olives, pepper flakes and cappers and vinegar.
5. Add this liquid to the pan and stir.
6. Season with salt and pepper to taste.
7. Pour the mix over the bananas.
8. Sprinkle with cilantro and let the mixture rest for a couple of hours.

Serves: 4

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Beverage

“Tropical Hawaiian Smoothie”

This is a great drink for a quick pick-me-up, or as a breakfast drink.

Ingredients:

10 fresh strawberries
3 slices unsweetened pineapples
2 ripe kiwis
1/2 ripe cantaloupes
1/3 cup unsweetened pineapple juice
4 cubes ice

Directions:

1. Peel and cut all fruits into smaller pieces and place into blender.

2. Add pineapple juice and blend until smooth.
3. Add ice and blend again.
4. You could also freeze it to make an ice treat for the children.

Serves: 4

“Honey Fruit Smoothie”

Ingredients:

2 cups of regular soy milk

1 cup of frozen fruit

1/4 cup of organic honey (unheated, unfiltered - available at most health food stores)

Preparation:

In a mixer blend soy milk and fruit together until you reach the consistency you desire.

Add 1/4 cup of organic honey to taste. Best when drank while still cold.

Serves: 2

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“Banana Strawberry Orange Smoothie”

Ingredients:

1/2 cup frozen strawberries (about 6)

1 banana

1/2 cp 100% orange juice

Preparation:

Peel banana and add all three ingredients to the blender, blend till desired consistency is reached.

Serves: 1

“Berrynanas” by Rosa

Ingredients:

1/2 cup strawberries/blueberries,

Small frozen banana

Directions:

Blend well and drink.

Serves: 1-2

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"Green Drink"

“This is such a great and refreshing drink for increasing energy and mental clarity, aids in blood sugar problems, chlorophyll, helps to get bile moving regularly and a lot more.”

- Deana Ige

Ingredients:

You can put whatever green, dark leafy green, parsley, celery (optional) like mint, and lemon (squeezed) with pulp if you like in a blender with purified water.

Directions:

1. Blend on liquefy and over your juice container or pitcher with a fine wire mesh colander, pour the blended ingredients in and squeeze all the liquid out.

2. Add more water if you like.

Serves: 1-2

“Carrot, Apple and Celery Juice”

Ingredients:

6 medium sized fresh carrots

4 apples, cut into quarters

4 stalks of celery

Preparation:

1. Using a blender, juice the carrots, apples and celery

Serves: 2

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Coffee Replacement

Ingredients:

1 teaspoon Postum or other caffeine free coffee substitute

1 teaspoon Black Strap Molasses
1 cup boiling water

Preparation:

1. Mix all ingredients

Serves: 1

Making Vegetable Stock

A good vegetable stock is useful in a huge variety of dishes.

Vegetable stock is not only an excellent substitute for chicken stock, but is ideal used in all vegetarian fare. To make 4 cups of vegetable stock we used 2 large onions, 2 medium carrots, 3 stalks of celery, 1 whole bulb of garlic, 10 peppercorns, and a bay leaf.

1. In order for the stock to take on all of the flavors of the vegetables in it, it will need to simmer for a full hour. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than small dice. Cut a peeled and halved onion into large chunks.
2. Celery leaves, especially those on the outside of the bunch, are extremely bitter and should not be added to the stock. Remove and discard these leaves from the celery stalks.
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3. Slice the celery into large pieces.
4. Peel and chop the carrots into large pieces. If you would like to preserve more of the carrot's natural nutrients, do not peel it as the nutrients are in the carrot's skin. Instead, scrub the carrot under cold running water, then chop the carrot into large pieces.
5. Break up the whole bulb of garlic into individual cloves. Peel the garlic using the method outlined in the Peeling Garlic step-by-step. There is no need to chop the garlic. A full bulb of garlic is used because garlic is the base flavor in vegetable stock.
6. Once all of your ingredients have been prepared, combine them in a stockpot large enough to contain all of the ingredients (including enough water to cover all of the vegetables).
7. Add aromatics to the vegetable medley. We used peppercorns and a bay leaf. Often people also add other herbs or scraps leftover from other dishes. Potato scraps can be added as the starch will help thicken the stock a little. Other common additions are stems from herbs like parsley, thyme, or rosemary. If you are planning on using this stock in an Asian recipe, adding fresh, peeled ginger would be appropriate.
8. Pour water into the stockpot. The vegetables should be immersed in water.
9. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water has begun to boil, turn the stove down 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, lending a wilted taste to the stock.
10. Strain your stock while the stock is at its peak (about an hour after it was placed on the stove). Strain your stock through a fine mesh straining device. Cheesecloth placed in a colander would also work well.
11. The stock should be light in color, sweet, and translucent. If you want a darker colored stock, caramelize the onions and carrots (see the Caramelizing Onions step-by-step) before placing them in the stockpot. Alternately, roast the vegetables until caramelized, then add them to the stockpot. Another interesting trick to making a delicious and thick vegetable stock is to use potato water that was strained from mashed potatoes in addition to (or instead of) water.