

## **21-Day Daniel Fast Recipes**

### **Breakfast**

#### **DRIED FRUIT AND ALMOND GRANOLA**

**Makes 4 cups (about 8 servings)**

*Ingredients:*

- 2 cups rolled oats
- 1/2 cup shredded coconut
- 1/2 cup sliced almonds
- 3 tablespoons vegetable oil (such as canola oil)
- 1/2 cup chopped dried fruit (apples, figs, apricots, etc.) - 1/2 cup raisins

Preheat oven to 350 degrees. Combine oats, coconut, and almonds in a large baking dish. Drizzle with oil and toss until well blended. Bake in preheated oven for 15–20 minutes, tossing every 5 minutes, until lightly toasted. Allow mixture to cool slightly before mixing in dried fruit and raisins. Store in airtight container and serve with soymilk, fresh fruit, and/or fruit juice.

#### **APPLE PIE OATMEAL**

**Makes 4 servings**

*Ingredients:*

- 4 cups water
- 1/4 teaspoon salt
- 2 cups rolled oats
- 1/2 teaspoon Apple Pie Spice (see recipe below) - 1/4 cup chopped apple

Bring water to a boil in medium saucepan over medium-high heat. Add salt and when dissolved, stir in oats and Apple Pie Spice. Reduce heat and continue to cook for 4 minutes. Add chopped apple and cook for 1–2 more minutes until oats are cooked. 3. Serve in individual bowls with unsweetened soymilk, if desired.

#### **HOME FRIED BREAKFAST POTATOES**

**Makes 4 servings**

*Ingredients:*

- Salted water (for boiling potatoes)
- 4 red potatoes
- 3 tablespoons olive oil, divided
- 1 yellow onion, chopped
- 1 green bell pepper, seeded and chopped
- 1 teaspoon salt
- 3/4 teaspoon paprika
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup chopped fresh Italian parsley

Bring a large pot of salted water to a boil over high heat. Add potatoes and cook until just tender, about 15 minutes (**be careful not to overcook**). Drain, cool, and cut into 1/2-inch cubes. Heat 1-tablespoon olive oil in a large skillet over medium-high heat. Add onion and green

pepper; cook until soft, stirring often, about 5 minutes. Transfer to a plate, and set aside. Heat remaining 2 tablespoons of oil in the same skillet over medium-high heat. Add potato cubes, salt, paprika, and black pepper. Cook until potatoes are browned, stirring often, about 10 minutes. Add onions, green peppers, and parsley; cook for another minute or until all ingredients are well heated. Adjust seasoning and serve hot.

### **SINGLE SERVING FRUIT SMOOTHIE**

*Ingredients:*

- 1 cup unsweetened soymilk or silken tofu
- 1 ripe banana, broken into chunks
- 1/2 cup of your favorite fresh or frozen fruit (strawberries, peaches, pitted cherries)
- Pinch of cinnamon
- 2–3 ice cubes
- Place all ingredients (except ice cubes) in a blender and puree until smooth.
- Add ice cubes one at a time to reach desired consistency.
- Serve cold.

**\*Try different fruit and juice combinations.**

- Tropical: Fresh banana and frozen mango with pineapple juice
- Very Berry: Fresh or frozen blueberries, raspberries, and strawberries with pomegranate juice
- Peachy Dreams: Fresh or frozen strawberries and peaches with orange juice
- Try using frozen blueberries, mixed berries, peaches, or raspberries in place of the frozen strawberries.
- Pineapple, pomegranate, or grape juices are flavorful alternatives to orange juice.
- Consider ripe peaches, mangoes, or pineapple in place of the banana.

**\*\*Juices should be all natural with no sugar added**

## **Lunch & Dinner**

### **BLACK BEAN, CORN, AND BROWN RICE STUFFED PEPPERS**

*Ingredients:*

- 2 cans (15 ounces each) black beans, drained
- 3 cups cooked brown rice, divided (\*we like Seeds of Change brown rice & quinoa)
- 1 cup frozen corn kernels, thawed
- 2 scallions, sliced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lime juice
- 1 clove garlic, minced
- Salt and freshly ground pepper to taste
- 2–3 large bell peppers cut in half lengthwise and cleaned
- 2 cups 100% vegetable or tomato juice

Preheat the oven to 350 degrees. Using a large bowl, gently combine the beans, 1 cup of the brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper to taste. Place the pepper halves in a large glass-baking dish and stuff them with the bean and rice mixture. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt

*the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45–60 minutes. To serve, place about 1/2 cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice, and then place a stuffed pepper on top of the rice. Serve hot.*

## **VEGETABLE SOUP**

**Makes 4–6 servings**

*Ingredients:*

- 2 cans (15 ounces each) diced or crushed tomatoes, with juice
- 1 small can (6 ounces) tomato paste
- 1 can (15 ounces) tomato sauce
- 1 can (15 ounces) yellow corn, drained
- 1 can (15 ounces) green beans, drained
- 1 can (15 ounces) potatoes, drained
- 1 can (15 ounces) peas, drained
- 1 can (15 ounces) sliced carrots, drained
- 2 medium onions, diced
- 1 clove garlic, minced
- 1 tablespoon Italian herbs
- 4–5 bay leaves
- Salt and freshly ground pepper to taste

*Gently combine the tomatoes, tomato paste, tomato sauce, corn, beans, potatoes, peas, carrots, onions, garlic, Italian herbs, and bay leaves in a large slow cooker or soup pot. If necessary, add water to cover the ingredients; cook in the slow cooker for 3–4 hours, or simmer on the stovetop in soup pot.*

*Adjust seasoning with salt and pepper before serving.*

## **GOLDEN CARROT SOUP**

*Ingredients:*

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 stalks celery, chopped
- 2 teaspoons chopped garlic
- 4 cups sliced carrots
- 1 teaspoon Italian herbs
- 1 teaspoon dried basil
- 1 quart vegetable broth
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Italian parsley for garnish

*Heat the olive oil in a large pot over medium heat; add the onion, celery, garlic, carrots, Italian herbs, and basil; sauté for about 10 minutes. Pour in the vegetable broth, cover, and adjust heat to simmer for about 25 minutes or until the carrots are tender. To liquefy the soup, pour half of the hot liquid into a blender and blend until smooth. Repeat with the remaining soup. Or use a handheld emulsifier in the same cooking pot. Adjust seasoning with salt and pepper, ladle into individual bowls, garnish, and serve.*

## **BASIC BLACK BEAN SOUP**

### *Ingredients:*

- 1 tablespoon olive oil
- ¾ cup finely chopped onion
- 1 teaspoon minced garlic
- ¾ cup finely chopped celery
- 2 teaspoons finely chopped jalapeño pepper (use precaution when handling)
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (15 ounces) diced tomatoes, including liquid
- 2 cups water
- 1 teaspoon ground cumin
- Salt, freshly ground black pepper, and red pepper flakes to taste

Heat oil in sauté pan over medium heat; add onion and garlic and sauté for 2 minutes. Add celery and jalapeño pepper and sweat for 1 to 2 minutes. Remove from heat and set aside. Place 1 can black beans and 1/2 diced tomatoes and all the water in a large saucepan (if using immersion blender) or blender. Puree until smooth. Combine the puree, the remaining beans, and tomatoes with the onion, garlic, celery, and jalapeño in the large saucepan. Stir in cumin and then season with salt, pepper, and red pepper flakes as desired. Cover pot and simmer over medium heat until well heated; reduce heat to low and adjust the lid to release steam while simmering for 20 minutes. Serve hot.

## **VEGETARIAN CHILI**

**Makes 6 servings**

### *Ingredients:*

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 2 tablespoons vegetable oil
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons chili powder
- ¾ teaspoon salt
- ¼ teaspoon ground red pepper
- 2 cups corn kernels (fresh or frozen)
- 2 cans (16 ounces each) tomatoes, including liquid
- 2 cans (16 ounces each) pinto beans, including liquid
- 2 cans (16 ounces each) black beans, including liquid
- 1 can (4 ounces) mild green chilies, including liquid
- 1 can (4 ounces) tomato paste

Chop and sauté the peppers and onion in oil. Add the sliced zucchini and yellow squash, chili powder, salt, ground red pepper, and corn kernels. 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.

## **LENTIL SOUP**

### *Ingredients:*

- 2 quarts water
- 3 cups lentils, soaked 2–3 hours
- 2 tablespoons salt
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 3 carrots, sliced
- 2 cloves garlic, minced
- 2 cans (15 ounces each) diced tomatoes with juice
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- Freshly ground black pepper to taste
- Dried herbs to taste

*Heat the water in a large pan over medium-high heat; add the lentils, lower the heat, and cook covered for 20 minutes; add salt. While the lentils are cooking, heat oil in large skillet over medium heat; add onion, celery, carrots, and garlic. Sauté until soft, about 10 minutes. Stir the softened vegetable mixture into the lentils. Add tomatoes, lemon juice, and vinegar; season with pepper. Bring to boil, then gently simmer uncovered until lentils are very tender, about 30 minutes. If the soup becomes too thick, add a little water. Before serving, check the seasoning and stir in chopped herbs.*

## **EASY VEGGIE BURGERS**

**Makes 4 servings**

### *Ingredients:*

- 1 can (15 ounces) white navy beans, drained
- 3/4 cup crushed whole-wheat matzo
- 1/2 cup chopped yellow onion
- 2 cloves garlic, minced
- 1/4 cup chopped Italian parsley
- 2 tablespoons olive oil

*Using a food processor, mix all the ingredients. Pulse only 4 or 5 times. Divide mixture into 4 mounds. Wet hands slightly and make each of the mounds into a patty.*

*Grill or fry the burgers in a lightly oiled nonstick pan for 4 to 5 minutes, turning once. Serve with chapattis or with a sauce.*

## **BLACK BEAN POTATO VEGGIE BURGERS**

### *Ingredients:*

- 1 cup canned black beans, drained
- 1 carrot, grated
- 1/2 onion, diced
- 3 medium potatoes, grated
- 4 scallions, chopped
- 1 cup frozen corn, thawed
- Salt and freshly ground black pepper to taste - Oil for frying

Place the beans in a large bowl and mash with a fork or potato masher. Add the carrot, onion, potatoes, scallions, and corn; mix until well combined. Season with salt and pepper. Wet hands and shape the mixture into four patties. Heat about 2 tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.

### **ITALIAN-STYLE GREEN BEANS AND TOMATOES**

*Ingredients:*

- 2 tablespoons olive oil
- 1 small onion, diced
- 2 small cloves garlic, minced
- 1 cup canned chopped tomato
- 1 pound green beans, stem ends snapped off
- Salt and freshly ground black pepper
- 2 tablespoons fresh parsley leaves, minced

Heat oil in large sauté pan over medium heat. Add onion; cook until softened, about 5 minutes. Add garlic and continue cooking another minute. Add tomatoes; simmer until juices thicken slightly, about 5 minutes. Add green beans, 1/4 teaspoon salt, and a few grindings of pepper to pan. Stir well, cover, and cook, stirring occasionally, until beans are tender but still offer some resistance to the bite, about 20 minutes. Stir in parsley and adjust seasonings. Serve immediately.

### **STIR-FRY VEGETABLES WITH BROWN RICE**

**Makes 4 servings**

*Ingredients:*

- 2 tablespoons olive oil, divided
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 package (16 ounces) stir-fry vegetables
- 4 cups cooked brown rice
- Soy sauce to taste
- 1/4 cup roasted peanuts

Using a wok or large skillet, heat about 2 tablespoons of oil over medium heat; add the sliced onion and garlic; sauté for about 5 minutes or until onion begins to soften. Add the frozen vegetables to the pan; stir and toss as they cook and heat thoroughly. Stir in the brown rice and season with soy sauce to your taste. Continue to cook until everything is thoroughly heated. 5. Just before serving, garnish with roasted peanuts.

### **HERB-ROASTED SWEET POTATO FRIES**

*Ingredients:*

- 1 pound small sweet potatoes or yams
- 2 teaspoons olive oil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Preheat the oven to 425 degrees. Coat a heavyweight rimmed baking sheet, with cooking spray or brush with vegetable oil. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Combine the oil, thyme, rosemary, salt, and pepper in a large bowl. Add the potato wedges and toss to coat well. Transfer the potatoes to the prepared baking sheet, spreading them out in a single layer. Bake for about 35 minutes, tossing 2 or 3 times, until the potatoes are tender and lightly browned. Serve hot.

## **CABBAGE ROLLS**

**Makes 6 servings**

*Ingredients:*

- 12 large cabbage leaves (regular or Napa cabbage)
- 2 tablespoons olive oil
- 1/2 pound mushrooms, sliced
- 1 cup chopped onion
- 1 cup cooked brown rice
- 1 can (15 oz.) small white beans, rinsed and drained
- 1 cup shredded carrots
- 2 tablespoons chopped parsley
- 1 teaspoon crushed oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Cooking oil to prepare baking pan
- 1 can (15 oz.) tomato sauce
- 1 teaspoon Italian herbs

Preheat oven to 350 degrees. Bring a large pot of water to boil; cook cabbage leaves, a few at a time, for about 2 minutes or until softened. Drain and cool. Heat oil over medium heat in a large skillet; sauté mushroom and onion until tender. Add rice, beans, carrots, parsley, oregano, salt and pepper; stir gently until well blended. Prepare a shallow 2-quart baking dish by brushing with cooking oil. Spoon mixture into individual cabbage leaves, roll up and place seam-side down in baking dish. Cover with foil and bake at 350 degrees for about 30 minutes. Heat tomato sauce and Italian herbs in small saucepan, stirring often to prevent sticking. Serve cabbage rolls with heated sauce.

## **SPINNACH AND WHITE BEAN SOUP**

- 1 - can of black-eye peas
  - 1 - can of cannellini beans
  - 2 - can of spinach
  - 1/2 - diced onion
  - 1 - tablespoon of minced garlic
  - 1 - container of vegetable broth
- Season to taste with whatever you'd like.

Add all ingredients in a large pot. Bring to a boil then cook on low heat for about an hour. This recipe also tastes great with dry beans and fresh spinach.

**JOJO'S VEGGIE SOUP**

2 1/2 Tbsp. olive oil  
 1 1/2 cups chopped carrots ( about 4 carrots)  
 1 1/4 cups chopped celery ( about 3 ribs)  
 4 cloves of garlic , minced  
 4 (14.5 oz) cans low-sodium chicken or veggie broth  
 2 (14.5 oz) diced tomatoes (undrained)  
 3 cups diced white potatoes (or sweet potatoes) about 3  
 1/3 cup chopped parsley  
 2 bay leaves  
 1/2 tsp dried thyme  
 Salt & pepper to taste  
 1 1/2 cups chopped frozen or frozen green beans  
 1 1/4 cups frozen or fresh peas

Heat oil over medium heat. Add onions, carrots & celery 3-4 min then add garlic, sauté 30 sec longer. Pour in broth then add tomatoes, potatoes, parsley, bay leaves, thyme & salt, pepper to taste. (you can add more dried herbs if you want ). Bring to a boil, then add green beans, reduce heat to medium-low, cover & simmer until potatoes are tender, about 20~30 min, then add corn & peas & cook 5 minutes longer. Serve warm.

**ETHIOPIAN CABBAGE**

1/2 cup olive oil  
 4 carrots thinly sliced  
 1 onion, thinly sliced  
 1 tsp sea salt  
 1/2 tsp black pepper  
 1/2 tsp  
 1/2 tsp ground cumin  
 1/4 tsp ground turmeric  
 1/2 head cabbage shredded  
 ( I add 1-2 sliced apples)  
 5 potatoes, peeled & cut into 1 inch cubes

Heat the olive in a skillet over medium heat. Cook carrots & onion in hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric & cabbage & cook another 15-20 minutes. Add potatoes; cover. Reduce heat to medium-low & cook

**ONE POT ZUCCHINI MUSHROOM PASTA**

1 pound Müllers Veggie Pasta  
 1 pound cremini mushrooms, thinly sliced  
 2 zucchini, thinly sliced & quartered  
 2/3 cup green peas ( i like frozen)  
 2 cloves garlic cloves, thinly sliced  
 2 springs thyme  
 Kosher salt & black pepper to taste  
 1/4 cup unsweetened coconut or almond milk



*In a large stockpot or Dutch oven over medium high heat, combine pasta, mushrooms, zucchini, peas, garlic, thyme & 4 1/2 cups water, season with salt & pepper to taste. Bring to a boil; reduce heat to a simmer, uncover until pasta is cooked through & liquid has reduced, about 8 minutes. Stir in cream. Serve.*

### **ONE PAN MEXICAN QUINOA**

1 Tablespoon olive oil  
 2 cloves garlic, minced  
 1 jalapeños, minced  
 1 cup quinoa (or brown rice)  
 1 cup of vegetable broth  
 1(15ounce) can black beans, drained & rinsed  
 1(14.5 oz can fire-roasted diced tomatoes  
 1 cup corn kernels  
 1 tsp chili powder  
 1/2 cumin  
 Kosher salt & pepper to taste  
 1 avocado, halved, seeded, peeled & diced  
 Juice of 1 lime  
 2 tablespoon chopped fresh cilantro

*Heat olive oil in a large skillet over medium high heat. Add garlic & jalapeño. & cook stirring often, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder & simmer until quinoa is cooked about 20 min. Stir in avocado, lime juice & cilantro.*

*(Substitute anything you need to).*

### **References and places to find other recipes:**

- **The Daniel Fast by Susan Gregory**
- **The Ultimate Daniel Fast** <http://www.ultimatedanielfast.com/>
- **All Recipes** <http://dish.allrecipes.com/recipes-kick-start-daniel-fast/>
- **Vega-licious** <http://www.vega-licious.com/delicious-daniel-fast-recipes/>
- <http://daniel-fast.com/myrecipes/>

### **Fasting Tips:**

- Carefully read ingredient labels when you are shopping. There are packaged foods that contain yeast and sugar that you wouldn't suspect.
- Mushrooms and/or tofu are good replacements for meat.
- A lot frozen garden burgers include sweeteners or eggs. Season's Choice Veggie Burgers are a good option.
- The Daniel Fast is more restricted than a vegan diet. Remember, vegans still eat leavened bread and sugar.
- If you are looking for a way to make a soup or sauce creamy without using dairy, try using mashed avocado or pureed cauliflower.
- Make your own vinaigrette dressing and use different fruits and vegetables to change the flavor making your salads taste new (i.e. avocado, lemon, mustard, reduced dates, cherries and strawberries, etc.).