

BREAKFAST

APPLE AND OAT PORRIDGE

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

1/3 cup raisins
½ teaspoon ground caraway seeds
½ teaspoon salt

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

APPLE OATS CEREAL

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

4 cups unsweetened applesauce
1 cup quick or old-fashioned oats - uncooked
2/3 cup raisins
1 teaspoon cinnamon

1 1/3 cups oat bran hot cereal - uncooked
1 cup unsweetened apple juice
¼ cup almonds slivers

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

Yield: 6 servings

THE BREAKER'S GRANOLA

5 cups raw oatmeal
1 cup slivered raw almonds
1 cup unsalted sunflower seeds
1 cup finely chopped dry figs
1/4 cup chopped coconut
2 Tablespoons cinnamon

1 cup finely chopped walnuts
1 cup finely chopped cashews
1/2 cup flax seed
1 cup finely chopped apricots (unsweetened)
2 cups unsweetened raisins

Mix together in a large bowl. Keep in tightly sealed container such as Tupperware in the pantry.

To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes.

To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

STICK-TO-YOUR-RIBS OATMEAL BREAKFAST

1 cup regular rolled oats
1 cup water
1/2 teaspoon pure vanilla extract or 1/4 teaspoon pure almond extract
Soy milk, if desired

1/3 cup unflavored soy protein powder
Pinch salt

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

Yield: 2 servings Tip: Add cinnamon and or other spices, soy milk, rice or almond milk.

Also great with fresh or frozen fruit.

APPLE BLUEBERRY OATMEAL CEREAL

2 sweet apples
1 cup blueberries
1 cup apple juice

3/4 cup rolled oats
1/2 cup almonds

Cook the oats as directed on box.

Chop or grind the almonds, chop the apples and combine.

Add the blueberries.

Top with a sprinkle of nutmeg, cinnamon and apple juice.

TOFU BREAKFAST SCRAMBLE

1 box firm tofu
1 tomato, diced
1 red bell pepper, diced
1 tablespoon fresh cilantro, minced
Salt and pepper to taste

1 zucchini, diced small
1/2 onion, diced
2 green onions, finely sliced
1 clove garlic, minced
Tomato paste if desired

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

Yield: 4 servings Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

POTATO AND GREEN ONION FRITTATA

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

Preheat the oven to 350°F.

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

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Serving

ENTREES & SIDE DISHES

PORTABELLO STEAKS

6 portabello mushroom caps	1/2 cup fresh squeezed lemon juice
2 tablespoons apple cider vinegar	2 tablespoons Pure Maple syrup
2 teaspoons fresh grated ginger	1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through. Serve with baked sweet potatoes and grilled squash and asparagus.

OVEN BROWN RICE

1 cup brown rice	2 cups vegetable broth *
1 teaspoon garlic powder	1 teaspoon onion powder

Preheat oven to 350°F (175°C). In a 2-quart casserole dish, mix together rice, vegetable broth, garlic powder and onion powder. Bake uncovered in preheated oven for 60 minutes, until liquid is absorbed and rice is tender.

Prep Time: approx. 10 min. 5 Cook Time: approx. 1 hr. Ready in: approx. 1 hr., 10 min. Yields 8 servings

BROWN RICE WITH EDAMAME AND VEGETABLES

2 cups brown rice	4 cups water or vegetable broth
1 cup fresh squeezed orange juice	1 package frozen, shelled edamame (thawed)
1 cup shredded carrots	1 cup sliced white mushrooms
1/2 teaspoon cumin	1 clove garlic minced
1 cup chopped green onion.	

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil.

Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion. Servings: 4-6 entrée size

Serve with orange slices and celery sticks.

CUBAN BLACK BEANS & RICE WITH TOMATO SALSA

1 package dried black beans	Vegetable broth (1- 32oz. box)
Chili powder	Chipotle powder
2 cloves garlic	

Soak beans overnight in water (cover w/2 inches above beans).

Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed.

Add spices and boil for 1 hour and then simmer until tender (follow package direction if available).

Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered	Green onion (1 bunch)
Lime	Chili powder
Cilantro	Cumin Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size Serve with sliced mango and papaya and lime juice.

EASY SPICED BROWN RICE WITH CORN

An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.

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

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

Prep Time: approx. 5 min. Cook Time: approx. 1 hr. Ready in: approx. 1 hr., 5 min. Yields 6 servings

SPANISH RICE

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

Combine tomato juice and soup stock in large pot and bring to a boil.

Add rice and reduce to simmer. Cover and cook for 25 min.

Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt.

Replace cover and simmer for 15-20 minutes.

BROWN RICE RECIPE

3 cups Brown Rice	6 cups of Water
2 tablespoon Olive oil	1 Tsp. ground Thyme
½ Tsp. Ground Turmeric	½ cup diced onion
1 Tbs. Chopped Garlic	Kosher Salt or Sea Salt (use it sparingly)
½ tsp. Ground Black Pepper	

Preheat oven to 350°F.

Heat Olive Oil and Sauté brown rice with Chopped onions, stirring constantly over medium heat until mixture is slightly brown and begins to smell like popcorn

Remove from stove, place sautéed rice in a pan

Add water, and the remaining ingredients. Stir well.

Cover with foil, and pierce the foil a couple of times with a fork

Place in pre-heated oven and bake for 45 minute

If the rice is too firm, add ¼ cup of water and place in the oven for an additional 15 minutes

RICE-STUFFED TOMATOES

6 large tomatoes	1/2 cup raisins
2 Tbsp. chopped green pepper	2 Tbsp. green onions
2 cups cooked brown rice	2 Tbsp. parsley
Dressing:	
1/4 cup olive oil	1 Tbsp. ketchup (with no added sugar)
1 tsp. chili powder (optional)	2 Tbsp. lemon juice
1/2 tsp. dry mustard, optional	1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato.

Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain.

In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley.

Prepare dressing and stir into rice. Season to taste.

Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

VEGETARIAN SPAGHETTI SQUASH

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin.

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).

Remove, drain, and cool with cold water or an ice bath to stop the cooking.

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. Discard the skin.

Reheat the squash strands by dipping with a strainer in boiling water just before serving.

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

Stir Fried Sauce

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

Saute mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

CHUNKY CHILI

½ cup dry kidney beans, soaked overnight	½ cup dry white beans, soaked overnight
½ cup dry brown lentils, soaked overnight	6 cups chopped fresh tomatoes
6 cups water	1 cup chopped fresh mushrooms
½ cup chopped green bell pepper	½ cup chopped red bell pepper
½ cup fresh green beans	½ cup chopped celery
¼ onion, chopped	¼ red onion, chopped
¾ cup extra firm tofu, drained, crumbled	Black pepper to taste
Onion powder to taste	Garlic powder to taste
Chili powder to taste	

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender.

Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down.

Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste and simmer for 2 to 3 hours, or until desired consistency is reached.

Prep Time: approx. 20 min. Cook Time: approx. 4 hrs. Ready in: approx. 16 hrs. 20 min. Yields 10-12 servings

CABIN DINNER

¼ cup olive oil	4 cloves garlic, chopped
1 yellow onion, diced	1 red bell pepper, chopped
2 teaspoons chopped parsley	1 tablespoon chili powder
2 teaspoons ground cumin	2 teaspoons paprika
2 teaspoons ground turmeric	1½ (16 ounce) cans kidney beans, drained with liquid reserved
2 tablespoons unsalted tomato paste	hot sauce to taste

Heat oil in a Dutch oven over medium heat. Sauté garlic, onion, bell pepper, parsley, chili powder, cumin, paprika, turmeric, salt and pepper, until onions are tender. Stir in kidney beans and some of the reserved liquid until desired consistency. Stir in unsalted tomato paste and hot sauce. Reduce heat to low, cover and simmer for an hour, stirring occasionally. Add more bean liquid and/or water if necessary so that beans don't dry out.

Prep Time: approx. 15 min. Cook Time: approx. 1 hr. Ready in: approx. 1 hr., 15 min. Yields 6 servings

SALADS

JOY'S YUMMY SALAD

1 can of organic kidney beans, drained	1 can of organic black beans, drained
1 can of organic chick peas, drained	1/2 an onion- chopped
1 package of extra firm tofu - drained, squeezed, and cubed	
a cucumber (or a half a cucumber) cut into bite-sized pieces	

Mix everything together.

Dressing

¾ Cup olive oil	¼ Cup vinegar
juice of 1/2 a lemon	sea salt
black pepper	1/4 cup chopped fresh cilantro (more or less to taste)

Pour dressing over salad mixture, stir and enjoy!!

KRISTEN'S SALAD

1 apple, chopped	¼ English cucumber, chopped
½ cup raisins	¼ cup walnuts, chopped

Mix all together and top with dressing. (Below)

Dressing

2 Tbsp. olive oil	1 Tbsp. honey
1 tsp. poppyseed	

BARLEY AND BLACK BEAN SALAD

1 cup barley, cooked according to package directions	
1 (15 ounce) can black beans, rinsed	1/2 cup corn (thawed if frozen)
1/3 cup chopped fresh cilantro	2 tablespoons lime juice
1 tablespoon extra-virgin olive oil	4-8 cups torn lettuce
pinch of cayenne pepper	salt and freshly ground black pepper to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, cayenne pepper, salt and pepper in a medium bowl.

Serve on bed of chopped or torn lettuce.

Yield: four servings

COOLER SALAD

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

Place chopped cilantro or Italian parsley in glass salad bowl. Add remaining vegetables.

Squeeze lemon or lime juice over salad. Toss all ingredients and chill in fridge.

Before serving, drizzle with salad dressing and salt and pepper to taste. Serve cool as a salad or side dish.

Yield: four servings

GREEN AND RED SALAD

Ingredients:

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

Combine sweet peppers, cucumber, tomatoes, carrots and arugula in a medium-size bowl.

Whisk together oil, vinegar, salt and pepper in a small bowl.

Pour dressing over vegetables, tossing to coat.

Serve chilled or at room temperature.

Yield: six servings

HEARTY LAYERED SALAD

6 cups mixed salad greens
1 cup sliced fresh mushrooms
1 small cucumber, thinly sliced
1 green pepper, diced
1 can garbanzo beans or chickpeas (15 ounce), rinsed and drained
1 cup cherry tomatoes, halved
1 cup thinly sliced red onion, separated into rings
1/2 cup chopped walnuts, toasted

Dressing:

1 large ripe avocado, peeled and sliced
2 tablespoons lemon juice
1/2 teaspoon ground cumin
1/8 teaspoon cayenne pepper
1 cup silken tofu
2 garlic cloves, minced
1/4 teaspoon salt

In a large glass bowl, layer the first eight ingredients.

In a blender, combine the dressing ingredients; cover and process until smooth.

Serve with the salad.

Yield: four servings

SOMETHING DIFFERENT FRUIT SALAD

1/2 cup and 1 teaspoon fresh lime juice	1/3 cup and 1 tablespoon honey
1 tablespoon and 1-1/4 teaspoons salt	1 teaspoon ground cayenne pepper (optional)
2 pounds fresh strawberries, hulled and quartered lengthwise	
6-1/4 cups cubed seedless watermelon	2 fresh pineapple - peeled, cored and cut into 1 inch chunks

Stir together the lime juice, honey, salt, and cayenne pepper in the bottom of a large salad bowl.

Toss the strawberries, watermelon, and pineapple with the dressing.

Chill the fruit salad until ready to serve.

MIXED GREEN SALAD WITH BABY BEETS

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

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

Preheat the oven to 400 degrees F.

Place the beets in a small bowl and drizzle with 2 tablespoons of the olive oil. Season the beets with a pinch of salt and a pinch of pepper. Place on an oven-proof platter and roast in the oven until tender, about 40 to 45 minutes.

Remove from the oven and allow to cool. Once cool enough to handle, slice into quarters and set aside.

Set a grill pan over medium heat. Set the spring onions in a small bowl and drizzle with the remaining olive oil and season with salt and pepper. Marinate the spring onions in the bowl with the olive oil for at least 1 hour, and up to 2 hours. Remove from the oil, slice in half lengthwise.

Set a grill over medium heat, and place the spring onions, cut side down, on the grill and cook for 3 minutes.

Rotate the onions a quarter turn and grill another 3 minutes.

1. Turn the spring onions over and grill on the second side for 3 minutes, then turn and grill a final 3 minutes.

2. Remove the spring onions from the grill and allow to cool completely. Once cool, roughly chop and set in a medium bowl with the shallots, garlic, Dijon mustard, orange juice and vinegar.

3. Use a whisk to blend and slowly drizzle in the extra-virgin olive oil until completely incorporated. Season the vinaigrette with salt and pepper.

4. To make the salad, combine the mixed greens, apples, goat cheese, pine nuts and the beets in a large bowl. Season with salt and pepper and add 1 cup of the vinaigrette to the bowl. Toss using your hands or tongs and serve immediately.

Yield: six servings

BROWN RICE SALAD

2 cups water
¼ cup diced red onion
¼ cup dried cranberries
1 cup brown rice
½ cup diced celery
½ cup balsamic vinaigrette salad dressing*

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done. Transfer rice to a serving bowl, and stir in onion, celery, cranberries, and salad dressing. Cover, refrigerate, and serve cold.

Prep Time: approx. 15 min. Cook Time: approx. 1 hr. Ready in: approx. 3 hr., 15 min. Yields 4 servings

RED ONION, ORANGE AND MORE SALAD

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

Remove the white pith from the oranges and cut the fruit crosswise into 1/4 inch slices.

Arrange on a serving platter and scatter over the sliced red onion.

In a small bowl, whisk together the vinegar, olive oil, salt, and pepper.

Spoon this dressing over the onion and oranges.

Sprinkle with the raisins, olives, sunflower seeds, and almonds.

Garnish with mint springs and serve chilled.

Yield: four servings

BLACK BEAN AND CORN SALAD

½ cup balsamic vinaigrette salad dressing*
¼ teaspoon dried cilantro
¼ teaspoon ground cumin
2-1/2 cups frozen corn
½ cup chopped green onions
¼ teaspoon seasoned pepper
1/8 teaspoon ground cayenne pepper
2 (15 ounce) cans black beans, rinsed and drained
½ cup chopped onion
½ cup red bell pepper, chopped

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside. In a large bowl, stir together beans, corn, onion, scallions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

Dressing

3 Tbsp. balsamic vinegar
¼ cup olive oil
2 tsp. Dijon mustard
Dash salt & pepper, to taste

Prep Time: approx. 20 min. Ready in: approx. 12 hrs., 20 min. Yields 6 servings

SNACKS

TOASTED NUT SNACK

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

RICE AND GRAINS

COOKED WHOLE GRAINS

During the 21-day Daniel Fast you will have many opportunities to try foods that perhaps you have never even considered before. Cooked whole grains are an excellent source of vitamins and our bodies like them! Here are a few whole grains that you might want to try. You can buy small amounts at your local health food store which will likely have them in bulk. After you try them, those that you like can be worked into your meal plan.

To 1 cup of this grain:

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

EASY SPICED BROWN RICE WITH CORN

An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.

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

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

Prep Time: approx. 5 min. Cook Time: approx. 1 hr. Ready in: approx. 1 hr., 5 min. Yields 6 servings

OVEN BROWN RICE

1 cup brown rice	2 cups vegetable broth *
1 teaspoon garlic powder	1 teaspoon onion powder

Preheat oven to 350°F (175°C). In a 2-quart casserole dish, mix together rice, vegetable broth, garlic powder and onion powder. Bake uncovered in preheated oven for 60 minutes, until liquid is absorbed and rice is tender.

Prep Time: approx. 10 min. 5 Cook Time: approx. 1 hr. Ready in: approx. 1 hr., 10 min.
Yields 8 servings

STEAMED BROWN RICE

Brown rice will become a staple for most people while on the Daniel Fast. It comes in many varieties and is usually less expensive at health food stores than at regular supermarkets. My favorite variety is “short grained sweet brown rice” because it has a pleasant flavor, is reliable in the way it cooks and can be enjoyed either on its own as a side dish or serves well when accompanied with sauces or stir fry vegetables. This variety of rice also reheats very well.

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

TAHINI WILD RICE CAKES

1 1/2 cups cooked wild rice	2 TB chopped onions or green onions
1 TB extra-virgin olive oil	1 1/2 TB tahini
1 TB chopped fresh parsley or 1 tsp dried parsley	1/4 tsp salt
2 TB ground old-fashioned oats (ground fine like flour in food processor)	
Avocado slices	

Combine ingredients in a large bowl, and stir well. Heat olive oil in large skillet over medium-high heat. Scoop out 1/3 cup of mixture, and flatten. Cook 5 minutes, flip rice cake, and cook another 2 minutes on the other side. Serve warm. Top with avocado, if desired. Makes 4.

Recipe Notes

- Rice cakes will pack and stay together better if the rice is warm.
- If you're having trouble keeping your rice cake together, try adding a little more tahini.
- Use hummus in place of tahini.
- Substitute brown rice for wild rice.

SOUPS AND STEWS

BASIC VEGETABLE STOCK

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

2 large onions, cut into large chunks
2 medium carrots, scrubbed but not peeled, cut into large chunks
3 stalks of celery, remove and discard all leaves, cut into large chunks
1 whole bulb of garlic, peel each clove, but do not chop 10 peppercorns 10
1 bay leaf

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

Turn the stove to a high temperature, and bring the stock to a quick simmer. When the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock.

Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

** Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Yield: four cups of vegetable stock

TERRI'S VEGETABLE BARLEY SOUP

Choose your vegetables. Really, anything can work depending upon your taste. My picks:

3 cups chopped celery	2 cups chopped white onion
3 cups chopped carrots	3 cups chopped green/yellow/red pepper
3 cups thin sliced mushrooms	2 cups chopped roma tomatoes (peeled and seeded)
2 32oz. boxes vegetable broth	

Use your favorite spices. I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley.

Pour one cup vegetable broth in a soup pot. Add all of the vegetables and sauté them until tender. Add the spices and stir. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley.

Boil for 15-20 minutes until the barley is tender. Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

GARDEN VEGETABLE SOUP

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

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

Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.

Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. 11

Add the stock, increase the heat to high, and bring to a simmer.

Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.

Remove from heat and add the parsley and lemon juice. Season to taste with kosher salt. Serve immediately.

Yield: 6 servings

GREEK VEGETABLE STEW

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

Lightly brown onions in a hot dry skillet in 2 tablespoons oil. Add oregano and garlic, cook 1 minute.

Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

Yield: eight servings

HEARTY SPLIT PEA SOUP

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

In a large pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes or until onions are translucent. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low.

Simmer for 2 hours, stirring occasionally. Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper.

Simmer for 20 – 30 more minutes or until the peas and vegetables are tender.

Yield: 6 servings

LENTIL SOUP

2 tablespoons olive oil, plus extra for drizzling	1 medium onion, chopped
2 carrots, peeled and chopped	2 celery stalks, chopped
2 garlic cloves, chopped	Salt and freshly ground black pepper
1 can diced tomatoes (14.5 ounce)	1 pound lentils (approximately 1 1/4 cups)
2/3 cup pearl barley	11 cups vegetable broth (can substitute water)
4 - 6 fresh thyme sprigs	

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes.

Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.

Add the lentils and pearl barley, mix to coat.

Add the broth and stir.

Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes.

Season with salt and pepper, to taste.

Ladle the soup into bowls, drizzle with olive oil and serve.

Yield: six servings

SAVORY LENTIL SOUP

1 tsp. olive oil
1 tsp. minced garlic (fresh or from jar)
7 cups water
¼ tsp. each cinnamon, ground ginger, cumin, ground cloves or allspice, black pepper, ground red chilli peppers, salt.

1 onion, diced
1 cup lentils

In large pot, sauté onion & garlic in the olive oil.

Add remaining ingredients and bring to boil.

Reduce heat and simmer for about 1½ hours.

Put mixture through a blender to make a smooth texture, or mash in the pot.

Yield: eight servings

HEARTY LENTIL SOUP

2 Tbs. olive oil
3 cloves garlic, minced, or 1 Tbs. from jar
2 stalks celery, chopped
½ cup tomatoes (fresh – seeded & chopped; or canned)
6 cups vegetable stock or water
Cumin, fresh parsley, salt, pepper, fresh dill (to taste)

1 small onion, chopped
1 carrot, chopped
½ red or green bell pepper, diced
¾ cup uncooked lentils

In a 4-quart saucepan, heat oil and sauté the onion, garlic and vegetables. Stir constantly until onion is cooked.

Add stock, lentils and spices and stir well. Bring to boil; then simmer over low heat until lentils are done – about 34 minutes.

Serves 4-6

MUSHROOM SOUP

1 tablespoon oil or 1/2 c. water
1 pound mushrooms, sliced
1 tablespoon paprika
1/8 teaspoon pepper
2 cups water or vegetable stock
3 tablespoon flour
2 teaspoon lemon juice

2 medium onions, chopped
1-½ teaspoons dill
1 teaspoon caraway seeds
2 tablespoon soy sauce
2 tablespoon margarine or oil
1 cup soymilk

In a soup pot, sauté onion in oil or water until soft. Add mushrooms, dill, paprika, caraway and pepper, then sauté for 5 minutes. Add soy sauce and water or stock, cover and simmer for 15 minutes.

Heat the oil in a saucepan and add the flour. Cook one minute, stirring constantly, then whisk in the soymilk until smooth. Simmer over low heat, stirring constantly, until slightly thickened.

Add to the mushroom mixture and blend in. Cover and simmer for 15 minutes.

Just before serving, stir in the lemon juice.

Yield: 6 to 8 servings

POTATO-LEEK-ONION SOUP

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

Sauté the onions, leeks, and garlic in vegetable oil in a large pot until soft.

Add the water, potatoes, celery, lemongrass, cayenne, salt, and dill.

Bring to a boil, reduce the heat, and simmer for 30-45 minutes until the potatoes are tender. Cover the pot for a thin broth or leave it uncovered for a thicker soup.

Once the potatoes are soft, remove the stalk of lemongrass (if using fresh) and purée about half the soup in a blender or food processor, then mix it back into the pot.

Add the lemon juice to the soy or rice milk and let it sit for 5 minutes. Then add it to the soup. Serve warm.

Yield: 8 servings

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

PUMPKIN AND BLACK BEAN SOUP

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

Add oil to a medium-sized soup pot and heat over medium heat.

When oil is hot, add onion. Sauté for 5 minutes.

Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil.

Reduce heat to medium low and stir in soy milk, curry, cumin, cayenne and salt, to taste.

Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

Yield: 4 servings

RED BEAN SOUP

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

Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.

Add the beans and cook for 2 minutes.

Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.

Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.

With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.

To serve, ladle a generous cup of the soup into each of 6 bowls.

Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Yield: six servings

Special Seasoning

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

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

Place all ingredients into a small bowl.

Thoroughly mix with a whisk.

Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup Tip: Play around with this recipe and make it your very own family spice!

VEGETARIAN SPLIT PEA SOUP

1 bag dried green split peas rinsed
2 boxes vegetable broth
3 carrots, sliced
3 potatoes, diced
1/4 head of cabbage, chopped
1 onion, diced

2 cloves garlic
1 tsp parsley
2 bay leaves
1/2 tsp of thyme, basil & pepper
1 tsp sea salt
2 Tbsp olive oil

Cook in crock pot for 6 hours. Serve with brown rice.

SAVORY TOFU STEW

1/2 cup 100% peanut butter
2 cups vegetable broth
2 tablespoons canola oil
1 cup chopped onion
3-4 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped carrots

2 pounds firm tofu, cut into 1 1/2-inch cubes
2 tablespoons soy sauce
1 teaspoon Five Spices
1 cup diced tomatoes
1/2 teaspoon ground ginger
1 tablespoon lemon juice
6-8 cups cooked brown rice

Whisk the peanut butter and vegetable broth together in a medium bowl until well blended. Set aside.

Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent.

Season the tofu with soy sauce and Five Spices. Add the tofu and continue to cook, stirring often, until browned on all sides.

Add the peanut butter mixture, tomatoes with liquid, ground ginger and lemon juice. Stir well. Bring to a boil.

Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender.

Season to taste with salt and pepper.

Serve hot over the cooked rice.

Yield: 6-8 Servings

YUMMY YELLOW SPLIT PEA SOUP

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

Heat olive oil in a large saucepan. Sauté carrot, onion, celery and curry for about 5 minutes.

Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Yield: six servings

CREAMY CARROT & PARSNIP SOUP

¼ cup olive oil
5 carrots, cut into ½” pieces (2 cups)
6 cups vegetable broth
1 ½ tsp. chopped fresh basil
4 parsnips, cut into ½” pieces (4 cups)
1 large onion, diced (1 ½ cups)
2 ¼ tsp/ chopped fresh oregano
¾ cup packed sun-dried tomatoes (not in oil) roughly chopped, divided

Heat oil in pot over medium-high heat. Add parsnips, carrots & onion; cook 5 minutes, stirring occasionally.

Add ¾ cup broth; cook 10 minutes, or until broth is evaporated. Add remaining 5 ¼ cup broth, ½ cup sun-dried tomatoes, oregano & basil. Cover and bring to brisk boil. Remove from heat. Puree soup in blender or food processor until smooth. (For chunkier soup blend only ½ soup mixture, then add it back into pot.)

Stir remaining ¼ cup chopped sun-dried tomatoes into soup. Season with salt & pepper if desired.

Yield: 6 Servings

TUSCAN BLACK BEAN SOUP

¾ cup dried cannellini beans, soaked overnight and drained
4 tablespoons olive oil
1 Spanish onion, thinly sliced
1 leek, white and light green parts only, thinly sliced
1 carrot, cut into 1/4-inch dice
1 celery stalk, cut into 1/4-inch dice
1 garlic clove, thinly sliced, plus 1 whole garlic clove
2 sprigs fresh thyme
1 bay leaf
1 pound chopped cavolo nero (black cabbage), roughly chopped
½ pound chopped white cabbage, roughly chopped
2 scant tablespoons tomato paste
3 cups water
salt and freshly ground black pepper

Place the presoaked cannellini beans in a medium stockpot. Add water to just cover the beans and bring the water to a boil over high heat. Lower the heat and let the beans simmer until tender, about 1 hour.

In a 12-inch sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, leek, carrot, celery, sliced garlic, and herbs. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.

Add the black and white cabbages and cook until the cabbage has softened and the flavors have blended, about 10 minutes.

Salt and pepper, to taste. Remove the sprigs of rosemary and thyme and the bay leaf.

Add the tomato paste, and stir until the tomato paste is well distributed throughout the vegetable mixture.

Add the vegetable mixture to the pot with beans and water and let simmer until the flavors are well blended, about 30 minutes more.

Serve the soup hot in 4 warmed bowls.

Yield: four servings

GEORGE'S HOMEMADE CILANTRO SOUP

2 bunches fresh cilantro, chopped	10 carrots, chopped
juice of 1/2 squeezed lemon	15 brussel spouts, quartered
1 large sweet onion, chopped	8 cups vegetable broth
4 tsp garlic salt	1 large can tomato sauce
1 jalapeno, chopped (If desired)	Bring almost to a boil and simmer for 1 hour

THICK AND CREAMY CORN-POTATO SOUP

6 ears corn (cut off the cob)	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
3 teaspoons cumin	2 teaspoons sea salt
2 teaspoons pepper	3-32oz. boxes of vegetable broth water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes.

Add broth and maintain a light boil. Cook 45 minutes to 1 hour.

Remove from heat. Blend 3/4 of the soup mixture in a blender in batches.

Put blended soup in a large bowl or container until the blending process is complete.

Pour the blended soup back into the pot.

Add water to thin and obtain the desired consistency. Heat through and serve.

Yield: 8-10 generous servings

TOMATO BASIL SOUP

12 Vine Ripe Tomatoes	2 Tablespoons Pure Honey
1 Package Cherry Tomatoes	1 Bay Leave
2 1/2 Cups Fresh Carrot Juice	1 teaspoon Oregano
1 Large Ripe Avocado	1 teaspoon Sea Salt
2 Yellow Onions (chopped)	1 Tablespoon Red Pepper Flakes
4 Cloves Garlic (chopped)	2 Tablespoons Olive Oil
5 Stems Fresh Basil	

Cook onion and garlic in olive oil until tender.

Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute.

Continue to blend on high for an additional minute until creamy.

Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.

VEGETABLE BARLEY SOUP

Choose your vegetables. Really, anything can work depending upon your taste. One option:

3 cups chopped celery	2 cups chopped white onion
3 cups chopped carrots	3 cups chopped green/yellow/red pepper
3 cups thin sliced mushrooms	2 cups chopped roma tomatoes (peeled and seeded)
2-32oz. boxes vegetable broth	1 cup barley

Use your favorite spices, e.g.

2 cloves garlic	sea salt to taste
2 teaspoons marjoram flakes	2 teaspoons oregano flakes
1 bay leaf	1 teaspoon parsley

Pour ¼ cup vegetable broth in a soup pot. Add all of the vegetables and sauté them until tender.

Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup barley.

Boil for 15-20 minutes until the barley is tender.

Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

SOUTHWESTERN CORN AND BLACK BEAN CHOWDER

1 ½ Qt Water or Organic Vegetable Stock	1 12oz bag of frozen Black Beans
1 12 oz bag of frozen whole kernel corn	1 lg Onion diced
3 Stalks of Celery Diced	1 med Onion Diced
2 Tbsp Chopped Garlic	2 Chopped Carrots
1 -12oz Can of Hunt's Diced Tomatoes in Juice	1 Red Bell Pepper diced
1 Green ell Pepper Diced	1 Bunch of Cilantro Chopped
1 Tbsp Chili powder	1 Tbsp Cumin powder
1 teaspoon Oregano leaves	2 Tbsp of Kosher Salt
1 Teaspoon Black pepper	2 Tbsp of Extra Virgin Olive
½ teaspoon of Liquid Smoke	

Boil Black beans with a little kosher salt until tender (do not over cook).

Rinse cooked beans with cool water and set aside.

In soup pot. Heat olive oil. Sauté Onion, celery, raw carrot, bell peppers (both green and red) until soft and slightly brown. Add water or both and bring to a boil. Add all remaining ingredients EXCEPT cilantro.

Simmer for 10 minutes, then add cilantro.

Simmer for an additional 10 minutes uncovered

SPRING VEGETABLE AND BROWN RICE SOUP

1 ½ Qt Water or Organic Vegetable Stock	1 12oz purple hull peas
1 12 oz bag of frozen whole kernel corn	1 lb. Zucchini large diced
1 lb. Yellow Squash large diced	5 Stalks of Celery Diced
1 lg Onion Diced	2 Tbsp Chopped Garlic
1 lb. Diced Carrots	1 -12oz Can of Hunt's Diced Tomatoes in Juice
1 Red Bell Pepper diced	1 Green bell Pepper Diced
1 Bunch of Sweet Basil Chopped or 2 Tbsp of Dried Basil	
1 Teaspoon Thyme	1 teaspoon Oregano leaves
2 Tbsp of Kosher Salt	1 Teaspoon Black pepper
2 Tbsp of Extra Virgin Olive	

Cook brown rice separately.

Boil Purple Hull peas with a little kosher salt until tender (do not over cook).

Rinse cooked beans with cool water and set aside.

In soup pot. Heat olive oil.

Sauté Onion, celery, raw carrots, bell peppers (both green and red) until soft and slightly brown.

Add water or broth and bring to a boil.

Add all remaining ingredients.

Simmer for an additional 10 minutes uncovered

Add cook brown rice to serving a la minute (that is; add rice in the same manner in which you would serve gumbo).

SIMPLE SPINACH SOUP

2 bunches spinach, washed, drained and chopped	1 potato, chopped
1 carrot, chopped	½ cup onion, chopped
3 cloves garlic, chopped	6 sprigs parsley, chopped
3 cups water	Cayenne pepper to taste

Add all ingredients but pepper to saucepan. Bring to boil; reduce to simmer and cook 10 minutes. Add cayenne and serve.

Serves 4

VEGETABLE SOUP WITH BASIL SAUCE

4-5 leeks, washed and cut in half lengthwise	2 Tbs. olive oil
1 celery root, minced	7 carrots, sliced into thin rounds
3 quarts boiling water	1 head cauliflower, cut into florets
½ pound potatoes, boiled, peeled and chunked	Salt & pepper

Add oil and leeks to a large saucepan and sauté until softened.

Add celery root and carrots. Stir until coated with oil.

Add water, cauliflower & potatoes. Bring to a boil and simmer until all vegetables are tender.

Drain vegetables, reserving stock, and put in food processor or food mill. Puree to a heavy, creamy consistency.

Whisk puree into stock.

Serves 6.

GAZPACHO

6 med. Tomatoes, quartered	2 large cucumbers
1 small red onion	1 med. Zucchini, chopped
3 med. garlic cloves, smashed	1 med. green bell pepper,
chopped fresh herbs: parsley, basil, chives	2 Tbsp. lemon juice
2 Tbsp. extra virgin olive oil	1 tsp. sea salt
1 tsp. cayenne pepper	1 tsp. ground cumin seed
2 cups vegetable stock or tomato juice	

In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.
Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice.

Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4 Prep Time: 10 minutes

SAUCES AND SALAD DRESSINGS

LEMON OLIVE OIL DRESSING

½ cup fresh lemon juice (1 large or 1½ small lemons and olive)	¾ cup olive oil (or sometimes I mix canola and olive)
1-2 tablespoons tamari soy sauce	2 large cloves garlic, crushed
fresh ground black pepper to taste	

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

MISO-DILL DRESSING

1 tablespoon brown rice miso	2 tablespoon lemon juice
2 tablespoon olive oil	1 tablespoon dried dill weed
1 tablespoon tahini	

Combine ingredients in a small bowl blending well. The book says you can use 1 tsp soy sauce instead of miso, but I have never tried it. This dressing is very tangy.

Preparation time: 5 min. Yield 4 servings

ROSEMARY/ITALIAN DRESSING

Extra Virgin Olive Oil	Balsamic Vinegar (use one part vinegar to two parts of olive oil)
Italian Seasoning (dry seasoning)	Garlic (fine chopped garlic in jar) season to taste
Rosemary, Basil (small amount to taste) or any other dry herbs of your choice	

Mix or whisk before serving

GUACAMOLE

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, portobello mushrooms or use as a dip with vegetables.

SALAD DRESSING

¼ cup extra virgin olive oil
1 tsp Herbes de Provence
1 clove garlic crushed

¼ cup balsamic vinegar
1 teaspoon Dijon Mustard
Fresh ground pepper 2 taste

Directions:

Whisk all ingredients together; toss with green salad and voila! What is Herb de Provence? Herbs de Provence is the name of a mixture of herbs. The herbs are frequently used in the French kitchen (by the way, Most French recipes do not use this mix, for a good taste it is better to just use one or two herbs together. The Herbes de Provence mix consists of thyme, rosemary, oregano, basil. Start out by using one or two.

Preparation time: 1 min. Yields 4 servings

TOMATO VINAIGRETTE

½ cup chopped, peeled tomato 2 tablespoon white wine vinegar
½ teaspoon dried basil (*or 1½ tsp fresh*) ½ teaspoon dried thyme (*or 1½ tsp fresh*)
½ teaspoon Dijon mustard

Chop in your favorite blending appliance. Keep refrigerated, lasts about 2 days. Serve on green salads.

Makes 2 servings

TOFU MAYONNAISE

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

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

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

Yield: Just under 1 cup of finished mayo

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

Hummus

1 can chickpeas drained with 1/4 c liquid set aside
2 Tbsp Tahini
3 tsp lemon juice
1 tsp salt
2 cloves garlic
2 Tbsp olive oil

Blend all ingredients including liquid in blender to desired consistency. For extra flavor add roasted red peppers, olives, etc.

FRUITS AND VEGETABLES

BAKED APPLES OR PEARS

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

APPLE CRAZE!

4 tablespoons unsweetened applesauce
1 teaspoon lime juice
1 teaspoon lemon water (*Lemon peels and boiling water*)
1 teaspoon lemon juice
1 teaspoon minced green apple

Put lemon peels in boiling water. While you are waiting, mince the green apple. Pour the lemon water and minced apple into the blender. Pour the applesauce into blender. Pour in lime and lemon juice. Blend until smooth.

Preparation time: 5 min. Yields 1 serving

FRUIT FANTASY

1 banana (not frozen)
1 orange
3 strawberries (frozen)
1 apple
2 handful grapes
8 ice cubes

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a wonderfully refreshing whole fruit drink. I varied some fruits seasonally for different tastes. This was actually pretty good I did not put in the orange though and instead of using strawberries I used blueberries. *Yummy!* This fruit shake is really good. It's fast, easy, delicious and simple. If your fruits are fresh, it's even better.

Preparation time: 10 min. Yields 3 servings

SPRING SMOOTHIE

½ ripe cantaloupe
20 fresh strawberries
1/3 cup unsweetened pineapple juice
2 ripe kiwis
3 slices unsweetened pineapples
4 cubes ice

Peel and cut all fruits into chunks and place into blender. Add juice and blend until smooth. Add ice and blend again. This is a great drink for a quick pick-me-up, or as a breakfast drink.

Preparation time: 10 min Yields 6 servings

WATERMELON-BERRY WONDER

½ cup seedless watermelon, chopped into chunks
¼ cup raspberries, blueberries or blackberries, frozen
A splash of water
1 teaspoon lime juice
3 ice cubes

Combine and blend in a blender until smooth!!

Preparation time: 5 min Yields 1 serving

VEGGIE ENERGIZER

1 cup cold bottled water
1 stalk celery, cut into large pieces
1 inch piece of fresh ginger, peeled
1 carrot, scrubbed clean and cut into large pieces
½ apple wash and leave skin on

In a high-powered blender blend all ingredients until smooth

Preparation time: 5 min. Yields 2 servings

SWEET POTATO FRIES

Slice sweet potatoes and place on cookie sheet. Drizzle with small amounts of olive oil and sea salt. Bake at 375° for 15 minutes.

OVEN FRIES

2½ pounds baking potatoes
1 pinch ground cayenne pepper (optional)
1 teaspoon olive oil

Preheat oven to 450°F (230°C). Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into ½ inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes. Serve immediately.

Prep Time: approx. 15 min. Cook Time: approx. 30 min. Ready in: approx. 45 min. Yields 6 servings

EGGPLANT

Slice eggplant and place on cookie sheet. Brush with olive oil and season with sea salt. Broil on high for 4 minutes.

PAN FRIED GREEN BEANS

1½ pounds fresh green beans, trimmed and snapped
Garlic powder to taste
Onion powder to taste
3 tablespoons olive oil

In a pot over medium-high heat, combine green beans, garlic powder, and onion powder. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender. When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

Prep Time: approx. 15 min. Cook Time: approx. 15 min. Ready in: approx. 30 min.
Yields 4 to 6 servings

STIR FRY VEGETABLES

1 red onion, sliced
1/2 cup broccoli, chopped
1 tsp. sea salt
1/2 cup cauliflower, chopped
1 cup yellow squash, thinly sliced
3 stalks celery, thinly sliced
1 bell pepper, sliced
3 carrots, peeled and sliced
1 cup zucchini, thinly sliced
1 Tbsp. Oriental seasoning

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender.

Add salt and seasoning.

Serve alone or over brown rice.

BROCCOLI AND GREEN BEANS

8 cups broccoli florets (about 1½ pounds) ½ pound green beans
2 tablespoons extra-virgin olive oil 2 cloves garlic, sliced thin
½ teaspoon crushed red pepper flakes, plus more if desired
Sea salt and freshly ground black pepper

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain.

Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large sauté pan, heat olive oil. When almost smoking, add the garlic and sauté for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

Prep Time: 20 min. Cook Time: 15 min. Yields 4 servings

EASY POTATOES IN CURRY SAUCE

6-7 Russet potatoes, peeled and cut into slices or cubes
1/2 cup onions, chopped
3 Tbsp. grapeseed oil or olive oil to sauté potatoes and onions
1 bay leaf
1 cup frozen peas
1/2 cup tomato puree or two tablespoons of tomato paste
1 1/2 teaspoons curry powder
1 teaspoon paprika or turmeric
1/2 teaspoon cumin
1 cup vegetable broth
1 cup almond or rice milk
pinch of cayenne (optional)
salt and pepper to taste
chopped cilantro

Heat the oil in a large pan over medium heat. Stir in the onions and bay leaf. Cook until the onions are tender.

Mix in the potatoes and peas. Season with salt and pepper. Cover and cook until the potatoes are tender, about 10-15 minutes. Remove the bay leaf.

Put in the tomato puree, rice milk, and all the spices. Continue cooking about 10 minutes. Mix in the cilantro and vegetable broth and continue cooking about 2 minutes. Add more broth if the potatoes get too dry.

Serve with some rice or steamed veggies.

EASY MARINATED VEGETABLES

Serve these marinated vegetables as a salad or as an appetizer. Optional add-ins include: pitted Greek olives, thin slices of Maui or Walla Walla onions.

1½ cups broccoli florets	1½ cups cauliflower florets
1 green bell pepper, cut into 1-inch pieces	1 cucumber - peeled, seeded and chopped
1 carrot, coarsely chopped	¼ cup lemon herb marinade (below)

Bring a large pot of salted water to boil. Place the broccoli and cauliflower florets into the boiling water for one minute. Drain and rinse florets. Combine broccoli, cauliflower, bell pepper, cucumber, carrot and lemon herb marinade in a medium size-mixing bowl. Cover the bowl and refrigerate the vegetables for one hour.

Yields 4 servings

LEMON HERB MARINADE

1 tablespoon grated lemon peel	2 tablespoons chopped fresh basil
1 tablespoon chopped fresh thyme	1 tablespoon snipped fresh chives
1 tablespoon capers, chopped	2 tablespoon fresh lemon juice
½ cup extra virgin olive oil	

Yields 2-3 cups