

Daniel Fast Recipes

Taken From: <http://www.christ-web.com/missions/farho/daniel-fastrecipes#Karen%27s%20great%20breakfast%20and%20brown%20rice%20dinner>

Karen's great breakfast and brown rice dinner

Great breakfast dish

chunks of apples, with walnuts and raisins

Brown Rice Dinner

Brown rice with a dash of pimentoes topped with sundried tomatoes and steamed mixed veggies (yummie!)

Barbara's Rice, Black beans and corn

Became my favorite now..

Ingredients

1 can Organic Black beans drained
1 can of Organic corn drained
organic long grain rice
organic corn tortilla
salsa
avocado

Instructions

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained
Heat and place on top of organic long grain rice (cooked)
Top with homemade salsa (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avacado diced.)

Serve with organic corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips.. organic ones are made with just corn and lime) really good!
serve with sliced avocado's on the side OR finger peppers (they aren't real hot)

Became everyone's favorite round here.. When your off your fast you can top with cheese.. Hope Ya'll enjoy! God bless!

Karen's Tabouleh

Ingredients

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

Instructions

Soak bulgur for 1 hour in warm water
chop parsley very fine
chop onion and tomato
combine all ingredients
drizzle olive oil and squeeze lemon into mixture
salt to taste
mixture should look red white and green like the Lebanese Flag...enjoy!

Nakia's Tasty Veggie Wraps

Ingredients

1 package of Broccoli/Carrot Slaw Mix (shredded broccoli, carrots, and purple cabbage)
1 TBSP of olive oil
1 tsp of soy sauce
1/4 tsp ea. of Thyme, Rosemary, and Garlic Powder
4 Whole Grain Wheat wraps

Instructions

- 1) Place oil in warm skillet
- 2) Add shredded mixture and sauté
- 3) Add seasonings
- 4) Add soy sauce to coat
- 5) Cook vegetables until they are your desired texture
- 6) Remove vegetables and place on a reserved plate.

- 7) Add more oil to skillet if necessary to brown both sides of your whole wheat wraps if desired
 - 8) Place vegetables in each warmed wrap. Eat and Enjoy!!
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Grace's Golden Carrot Soup

Used with permission from [The Daniel's Fast Cookbook](#)

Ingredients

- 2 tablespoons olive oil
- 1 large onion, chopped with vidalia fine insert, about 2 cups
- 3 stalks celery chopped with vidalia fine insert, about 1 cup
- 1 package 16 oz. bag of fresh sliced carrots, about 4 cups
- 1 quart vegetable broth, 32 oz carton
- 1 teaspoon poultry seasoning
- 1 teaspoon dried basil
- 2 teaspoons chopped garlic, jar ok
- 1/2 teaspoon pepper
- 1 teaspoon salt

Instructions

In a large pot put olive oil and sauté onion, celery, carrots, garlic and all the seasonings for about 10 minutes. Then add the vegetable broth. Cover and simmer for about 25 min or until carrots are tender. With a hand held blender, cream the soup. If you do not have an hand held blender, spoon into a regular blender. Blend half at a time. Be careful this is hot stuff. Serves 6.

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Susan's Black Bean & Brown Rice Stuffed Peppers

Ingredients:

- 1 qt 100% Vegetable or Tomato Juice
- 2 cups cooked black beans
- 1 cup cooked brown rice
- 2 med green onions (chopped)
- ¼ cup fresh cilantro (chopped)
- 2 tbsp extra virgin olive oil
- 2 tbsp lime juice

- 1 clove garlic (finely chopped)
- 2-3 large bell peppers (cut in half lengthwise and deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes. Enjoy!

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Maria's Curry brown rice

Ingredients:

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

Procedure:

1. Make the desired amount of brown rice.
2. Dice the onion and tomato.
3. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry.
4. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan.
5. Add already cooked brown rice.
6. If desireable, add hot peppers such as jalapenos or scotch bonnet or leave the flamable spices out.
7. Enjoy!

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Angela's veggie soup

1 28oz. can diced or crushed tomatos
1 6oz. can tomato paste
1 can of tomato sauce
1 can (drained)of corn, green beans, potatoes, english peas, carrots. salt and pepper to taste
2 medium onions diced, 1 tsp garlic, 4-5 bay leaves
Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy just be creative.

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Cathy's Leek and Potato soup

Sat, 12 Jan 2008

Hey - our church started the Daniel fast on the 7th January. This is a great recipe for Leek and Potato soup.

1 tsp crushed fennel seeds
1 tsp ground pepper
2 cloves garlic
2 tbsp olive oil
4 pints vegetable stock (you can use just water as long as everything is seasoned well)
2 lbs leeks (trimmed, cleaned, sliced)
2 lbs potatoes (cleaned, cut into cubes)

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

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Ki's Stir Fry Brown Rice w/Vegetables

Sat, 12 Jan 2008

1 box of instant brown rice (or bag brown rice)
Vegetables to stir fry (either fresh or frozen)
Olive Oil

Soy Sauce
Peanuts

Cook your rice according to package (I season my rice as well when I cook).

Heat Wok on Med. High heat add 1/4 cup of Olive Oil (more or less) Give a minute for oil to get hot.

Place raw onions in now if you are adding to recipe, also garlic for taste. Pour the cooked rice into Wok and stir for 4 mins add Soy Sauce to taste.

Pour rice back into container it was cooked in and set aside.

Now add 1/4 cup Olive Oil to hot Wok again. Then add the vegetables and lots of whatever seasonings you like. Stir until done add peanuts right before serving.

This recipe is very good reheated for lunch the next day.

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George's Homemade [Cilantro](#) Soup

Wed, 02 Jan 2008

Chop 2 bunches fresh Cilantro
10 carrots chopped and the juice of 1/2 squeezed lemon
15 brussel spouts quartered
1 large sweet onion chopped
8 chicken or vegetable bullion cubes with 8 cups water
4 tsp garlic salt
1 large can tomato sauce
10 chopped habanero garlicks or a chopped jalpeno
Bring almost to a boil and simmer for 1 hour

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Lola's Black bean soup

Tue, 01 Jan 2008

I make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalpeno, chopped [Cilantro](#). Combine all ingredients and enjoy. I even eat this when I'm not on the Daniel fast because it is absolutely delicious! For a large batch I usually use about 5 cans of beans. Amount of broth depends on how chunky you like your soup.

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Herb-Roasted Idaho Potato Fries

Wed, 21 Nov 2007 [by Denise Austin](#)

Makes 4 servings

Ingredients:

1 pound small baking potatoes
2 tsp extra-virgin olive oil
1/2 tsp dried thyme
1/2 tsp dried rosemary
1/4 tsp salt
1/8 tsp freshly ground black pepper

Instructions:

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray.

Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet.

In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet.

Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Per serving: 110 calories, 2.5g fat, 21g carbohydrates, 2g protein, 2g fiber, 150mg sodium

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Scarlott potatoes

Anonymous Sat, 24 Feb 2007

White potatoes boiled with onions cut up in them, pepper, garlic, seasoning salt.

Hot water cornbread

White or yellow corn meal, hot water, raw sugar
stir it up very well. Put in skillet with olive oil.

Student mix

Nuts, seeds and raisins mixed together

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Rice, Green Beans and Lentils

Tue, 06 Feb 2007 by [Sue Farho](#)

- 1 cup rice
- 1/2 cup lentils rinsed
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 TBSP tomato paste
- 1 can green beans not drained
- 1 cup of water

Rice cooked in [rice cooker](#). The rest of the ingredients go in crock pot for five hours on medium to high.

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Rice and Lentils

- 1 cup rice
- 1/2 cup of lentils
- 1 tsp salt
- 2 cups water

Rice cooked in [rice cooker](#). The rest of the ingredients go in [crock pot](#) for five hours on high.

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Vegetable soup and navy beans

- 1 cup puree spinach
- 1 cup puree green beans
- 1 can navy beans rinsed and drained
- 1 tsp salt
- 1 cup water

Put all ingredient in [crock pot](#) for four hours on medium

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Mashed pinto beans on [whole grain](#) taco shells

- 1 can pinto beans rinsed and drained
- 1 TBSP of raisins
- 1 tsp salt

Cook pinto beans and raisins in [crock pot](#) for four hours blend in [blender](#) serve with [whole grain](#) soft taco shells.

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Rice and Chick Peas

- 1 cup rice

- 1 can chick peas drained and rinsed
- 1 cup water
- 1 tsp salt
- 1 TBSP raisins

Cook rice in a [rice cooker](#). Put rest of ingredients in [crock pot](#) and cook four hours at medium

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Popcorn

Tue, 08 Jan 2008 from Donna

Thought your readers might enjoy a very easy, very healthy (totally non-fat) way to make popcorn (I liked the one suggestion using olive oil.)

1/4 cup unpopped popping corn
1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. Enjoy! More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Sat, 20 Jan 2007 from Sheri

I have found popcorn to be a very good and enjoyable snack during the Daniel Diet. I have a new [whirly-pop popcorn cooker](#) that cooks popcorn with only 1 teaspoon of oil. I use olive oil. The popcorn is fantastic! It's much better than corn cooked in an air popper. I've also tried some packaged cooked popcorn called '[Organic Popcorn](#)' that is lightly salted. You can buy this at Tom Thumb grocery stores, and it's delicious. I've read a lot about popcorn being one of the most toxic items people eat, due to the pesticides and sprays put on the corn before harvesting. Go organic for your health!

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Cantaloupe Tonight Melon Smoothie

I came across this recipe from the [Vegan Planet Cookbook](#) called Cantaloupe Tonight Melon Smoothie. I was looking for something to have as a fruit snack, or eat for breakfast. My teenage son loves smoothies, and when you restrict dairy, it's hard to find something that will satisfy you, unless you use soy milk. Here's what's in the recipe:

- 1/2 medium-size cantaloupe, seeded and cut from the rind.
- 1/2 cup orange juice
- Juice of 2 limes (taste before you add all the juice at once)
- 1 medium-size, banana, peeled and cut into chunks
- Fresh mint leaves for garnish (optional)
- our addition: 2 cups of ice cubes - makes it like a frozen ice drink.

Mix all in a [blender](#), and serve. Serves 2

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Mrs. Jones' Brown Rice Dinner

Tue, 16 Jan 2007 from Mrs. Jones

This recipe follows the Daniel Fast guidelines and is filling and delicious! This is my original creation... if someone else has already "cooked" it up it is merely a coincidence.

- 1 cup of Brown Rice
- 2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes.

Half way through the cooking time, add:

- 1/2 cup of fresh salsa
- 1 cup of frozen corn
- 1/2 of a chopped red bell pepper
- 3/4 cup of cooked black beans
- a pinch of pepper to taste

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

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Drink tea

Thu, 11 Jan 2007 Anonymous

The [Lipton Teas](#) that are natural, that are great for the daniels fast. If you are coffee drinker the teas will replaced it in the mornings while you are doing the fast. You can use herbs when you are cooking with beans.