

Daniel Fast Recipes

The Daniel Fast is a fast from meats, sweets/sweeteners (including honey), breads/white flour, dairy, any animal products and any drink except water for a specific time period (Daniel 10:2-3). Vegetables, fruits, nuts, grains and water are acceptable. Endless recipes are available online. We have put together a few, to get you started.

Haluski

Ingredients

Extra Virgin Olive Oil

Head of Cabbage, chopped

2-3 Onions, sliced in strips

4 Potatoes, peeled and cubed

½ lb. Whole Grain/Wheat Pasta

Salt & Pepper

Directions

Cook potatoes in water as if you were making mashed potatoes. However, don't cook them as long. Cook until tender and easy to chew.

In skillet, cover bottom with oil and heat over medium heat. Add onions and brown

In Dutch Oven (or deep pan), cover bottom with oil and heat over medium heat. Add cabbage, salt and pepper to taste. Place lid on and cook until tender- approx. 30 minutes. Stir often.

After 30-45 minutes of cooking the cabbage, add the cooked onions.

Toss the potatoes, cooked pasta and cabbage/onion mix. Add more oil if it seems dry.

Pasta Fagioli

Ingredients

4 Cloves Garlic, chopped

1 Small Onion, diced

1 - 28oz. Tomato Sauce (No preservatives or sugar)

1 Can of Beans (Great northern or navy – No preservatives or sugar)

Extra Virgin Olive Oil

Seasonings- Garlic powder, Onion powder, Salt, Pepper, Italian Seasonings

Whole Grain/Wheat Pasta

Directions

In saucepan, cover bottom with oil. Heat over medium heat.

Saute onions and garlic. Be careful to not burn.

Pour in a can of sauce to pan. Fill whole can with water and add.

Season to taste.

Let sauce to come to a boil, then lower heat to simmer. Sauce does not take long to heat through. 30 minutes is enough, but it can simmer longer.

5-10 minutes before eating, add the can of beans (juice and all)

Serve over pasta

Lentil Soup

Ingredients

2 cups lentils, rinsed

6-8 cups vegetable stock or water

1 Tbsp. olive oil

1 yellow onion, chopped

2 cups peeled, chopped potatoes

2 cloves garlic, chopped

4 carrots, chopped

3 stalks celery, chopped

1 Tbsp. dried basil

2 Tbsp. dried thyme

Directions

Heat olive oil in large pot over medium-high heat. Sauté until translucent, 5-7 minutes. Add remaining ingredients and bring to a boil. Then, reduce heat to a simmer and cover for 1 hour. Check often and add small amount(s) of water, if needed.

Crockpot Chickpea Spinach Stew

Ingredients

12-16 Ounces Fresh Baby Spinach Leaves

2- 15.5 Ounce Cans Chickpeas (Garbanzo Beans)

2-15 Ounce Cans Stewed or Diced Tomatoes With Garlic and Onion

3 Tablespoons Paprika

1 Teaspoon Garlic Powder

1/4 Cup Vegetable Broth or Water

Instructions

Add all ingredients to crock-pot. Stir. Cook on low for 3-4 hours. If you want the spinach leaves “crisp”, they don’t need to be added until the last hour. Stir well and serve. This can be served over cooked rice for a heartier meal.

Crockpot Lentil Sloppy Joes

Ingredients

1 onion, chopped

1 bell pepper, seeded and chopped

1 1/2 cups dried lentils, picked over and rinsed

1 14.5 ounce can crushed tomatoes

3 cups water

1 Tbsp mustard

1 tsp sea salt

Directions

Sauté onion and bell pepper over medium heat, until softened. Transfer the onion mixture to crock pot. Add remaining ingredients and stir to combine. Cover and cook on low for 8 hours.

Greek Stuffed Peppers

Ingredients:

6 large bell peppers (any color) (or 10-12 medium-small peppers)

1/4 cup of olive oil

1/2 cup onion, diced

1 cup of bulgur (or parboiled cracked wheat)

1 can (14.5 oz) of chopped tomatoes (plain or stewed)

1 3/4 cups of water

1 teaspoon of sea salt

1/4 teaspoon of freshly ground pepper

1/2 cup of finely chopped fresh flat-leaf parsley

1/3 cup of finely chopped fresh basil

1/2 cup water

Preparation:

Cut a 1/2 to 3/4 inch cap off the top of the peppers. scoop out and discard seeds and any excess white pulp. Rinse well and set aside to drain. Keep the cap

In a skillet, sauté the onion in olive oil for 1-2 minutes. Add bulgur and stir to coat with oil. Stir in canned tomatoes with juice, 1 1/2 cups of water, salt, and pepper, and bring to a boil over medium heat. Cook for 10 minutes, stirring frequently.

Stir in parsley and basil to distribute well and remove from heat. Let rest for 5 minutes.

Preheat oven to 350°F (175-180°C).

Use a teaspoon and stuff the peppers loosely to within 1/4 inch of the top.

Place peppers upright in a baking dish, to fit snugly so they won't tip. Place caps on top, add 1/2 cup of water to the bottom of the dish, and cook in a 350°F (175-180°C) oven for 1 hour 15 minutes, or until the peppers have softened to your preference.

Bean and Rice Casserole

Ingredients

1 medium onion, chopped

2 cup uncooked brown rice

1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed

1 can black beans (15 1/4 - 19 oz), drained and rinsed

1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed

1 can stewed tomatoes (14 1/2 - 16 oz), drained

1 can chopped mild chilies (4 oz), drained

10 ounces frozen green peas, thawed by placing under running water

1 cup frozen corn, thawed by placing under running water

Directions- Preheat oven to 375

In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.

Add rice; cook while stirring until parched and slightly opaque.

Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.

Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).

Add peas and corn, adjust seasonings, and return to oven until heated through.

Quinoa With Mushrooms, Kale, and Sweet Potatoes

Ingredients

- 1 cup quinoa
- 2 tablespoons olive oil
- 2 small sweet potatoes (about 1 pound), peeled and cut into 3/4-inch pieces
- 10 ounces button or baby bella mushrooms, quartered
- 2 cloves garlic, thinly sliced
- 1 bunch kale, stems discarded and leaves torn into 2-inch pieces
- 3/4 cup vegetable broth
- kosher salt and black pepper

Directions

Place the quinoa and 2 cups water in a small saucepan and bring to a boil. Reduce heat and simmer, covered, until water is absorbed, 12 to 15 minutes. Meanwhile, heat the oil in a large pot over medium heat.

Add the sweet potatoes and mushrooms and cook, tossing occasionally, until golden and beginning to soften, 5 to 6 minutes. Stir in the garlic and cook for 1 minute. Add the kale, broth, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Cook, tossing often, until the vegetables are tender, 10 to 12 minutes.

Serve the vegetables over the quinoa .

Quinoa Loaf with Mushrooms and Peas

Ingredients

- 1 tablespoon extra-virgin olive oil, plus more for the pan
- 8 ounces button mushrooms, sliced
- Salt and ground black pepper to taste
- 1 (15 ounce) can no-salt-added garbanzo beans, rinsed and drained
- 3/4 cup rolled oats
- 2 cups cooked quinoa
- 1 cup frozen green peas

1 tablespoon minced fresh thyme

10 sundried tomatoes packed in oil, drained and chopped

1 cup chopped onion

Directions

Preheat oven to 350°F. Lightly grease an 8-inch loaf pan with oil; set aside. Heat oil in a large skillet over medium-high heat. Add onion and cook until transparent, 5 to 7 mins. Add mushrooms, salt and pepper and cook, stirring occasionally, until mushrooms are golden brown, 6 to 8 minutes.

Meanwhile, put beans, oats and 1/2 cup water into a food processor and pulse until almost smooth. In a large bowl, combine mushrooms, bean mixture, quinoa, peas, thyme, tomatoes. Transfer mixture to prepared loaf pan, gently pressing down and mounding it in the middle. Bake until firm and golden brown, 1 to 1 1/4 hours. Set aside to let rest for 10 minutes before slicing and serving.

Black Bean Hummus

Ingredients

1 clove garlic

1 can black beans

2 tablespoons fresh lemon juice

1-2 tablespoons tahini

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon cayenne pepper

Instructions

Crush garlic clove and place in food processor. Add beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.

Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.

Serve with baked Tostitos scoops, homemade crackers/bread (see below for recipe) or vegetables.

Homemade Crackers

Ingredients

1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)

½ teaspoon salt

2 tablespoons canola oil or olive oil; more as needed

4 tablespoons water; add more as needed

1 teaspoon seasoning such as dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

Directions

Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.

Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.

Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.

Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet). You can score the dough into pieces of your choice if you like, leaving the dough intact.

Bake for 10 - 15 minutes in a preheated 400 degree oven, until light brown.

Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

Chapattis or Indian Flat Bread

Ingredients

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough)

1 pinch salt

Directions

Mix flour and salt in a large mixing bowl.

Make a hole in flour and using your hand, mix in water to make soft dough.

Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.

Heat a cast iron skillet over medium high heat until very hot.

Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.

Once turned, press gently with a towel, until brown.

Repeat until all dough is used.

Carrot Fries

Ingredients

16 medium carrots, peeled and cut into matchsticks about 4 in long

1 Tbsp oil

1 tsp salt

Black pepper to taste

1/2 tsp cumin

Directions

Preheat the oven to 425 F. Place the carrot sticks in a bowl and pour the oil over them. Using your hands, toss the carrots in the oil to coat. Spread the carrot sticks in a single layer on a baking stone. Sprinkle with salt, pepper, and cumin. Bake the carrots until they begin to crisp, about 45 minutes, checking every 15 minutes to toss.

Rosemary Garlic Roasted Red Potatoes

Ingredients

7 red skin potatoes (skin on and quartered)

3-4 tablespoons extra virgin olive oil

1/2 teaspoon salt (or to taste)

1 teaspoon freshly ground black pepper

3 cloves fresh garlic (finely minced)

2 teaspoons dried rosemary or 2-3 sprigs of fresh rosemary (stem removed)

Directions

Preheat oven to 350°F.

Quarter potatoes with the skin on and place in a medium sized mixing bowl. Add olive oil, salt, pepper, garlic and rosemary and toss in bowl until evenly coated. Transfer seasoned potatoes to a baking dish or a baking sheet covered with aluminum foil. Place in oven for about 30-35 minutes or until golden brown and tender.

White Beans and Sweet Potatoes

Ingredients

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, minced

1/4 cup long-grain brown rice

1 1/2 cups chopped tomatoes

1 cup cooked great northern beans

1 red pepper, chopped

2 sweet potatoes, peeled and cubed

1 cup water

Directions

In a large skillet over medium heat, warm the oil. Add the onions and garlic and saute for 4 minutes, or until the onions are soft. Add the rice and saute for 2 minutes.

Add the tomatoes, beans, peppers, sweet potatoes, water. Bring to a boil. Reduce the heat to low, cover and simmer for 30 minutes, or until the rice is tender.

Sweet Potato, Corn & Black Bean Hash

Ingredients

2 teaspoons canola oil

2 medium onions, chopped

1 medium sweet potato, peeled and cut into 1/2-inch dice

2 large cloves garlic, minced

1 jalapeño pepper, seeded and minced

4 teaspoons ground cumin

3/4 cup water

3/4 cup frozen corn kernels

1 15-ounce can black beans, rinsed

2 tablespoons chopped fresh cilantro

Freshly ground pepper, to taste

1 lime, cut into wedges

Directions

Heat oil in a large cast-iron skillet over medium-high heat. Add onions and sauté until browned in spots, 3 to 5 minutes. Add sweet potato and cook, stirring, until it starts to brown in spots, 5 to 7 minutes. Stir in garlic, jalapeño, cumin and salt; sauté until fragrant, about 30 seconds. Add water and cook, scraping up any browned bits, until liquid is absorbed, 3 to 5 minutes. Stir in corn and black beans and cook until heated through. Stir in cilantro and season with salt and pepper. Serve with lime wedges

Snack Ideas

1. Rice cakes, just plain old crunchy patties
2. Rice cakes with peanut butter (natural, no preservatives or sugar) and raisins
3. Almonds
4. Dried fruit including apricots
5. Apples dipped in nut butter (natural, no preservatives or sugar)
6. Sliced fruit
7. Veggies with hummus
8. Popped popcorn (no butter)
9. Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
10. Fruit kabobs
11. Frozen fruit including grapes, blueberries, strawberries and bananas

Raw Cashew Coconut Cookies

Ingredients (all RAW)

½ cup cashews *

½ cup raisins

½ cup flaxseeds

¼ cup pumpkin seeds

½ cup shredded coconut

Directions

Place cashew in a jar and cover with water. Allow to soak overnight. Drain and rinse, and dry thoroughly by laying out on towel for a few hours before using in recipe

Place prepared cashews, raisins, flaxseeds, and pumpkin seeds in food processor. Process until mixture begins to form a ball. If mixture seems too sticky, add a few more flaxseeds or pumpkin seeds. Remove mixture from food processor, and form into 1-inch balls. Roll each ball into coconut and flatten to form into cookie. Store tightly covered in refrigerator.

Raw Mango Nut Balls

Ingredients

- 1/2 cup (60g) raw cashews
- 1/2 cup raw sunflower seeds
- 2/3 cup medjool dates
- 2/3 cup dried mango, chopped
- 2-3 tsp water, if needed

Directions

Add everything (except for the water) into a food processor and pulse until the mixture comes together in a slightly-sticky ball. Add water if needed.

Roll into balls and store in the refrigerator. (Or roll in shredded coconut and then store in the freezer)

Oatmeal Raisin “Cookies”

Ingredients

- 1cup rolled oats (not instant)
- 1cup raisins
- 2 teaspoons cinnamon
- 1 tbsp. water, if needed

Directions

First, add oats to food processor and pulse lightly. Add raisins and cinnamon and blend until sticky ball forms. Add water if mixture is too dry. Remove dough from food processor and form into balls and flatten to cookie shape, if desired. Store tightly covered in refrigerator.

Cashew Cookie No-Bakes

Ingredients

- ½ cup raw cashews
- 1 ¼ cup dates

Directions

Blend ingredients in food processor until sticky ball forms. Remove dough from food processor and form into balls and flatten to cookie shape, if desired. Store tightly covered in refrigerator.

Banana “Frozen Yogurt”

Ingredients

3 Ripe bananas

Directions

Break each banana into 3-4 chunks and place in Ziploc bag or freezer safe container. Place in freezer and allow to freeze for at least 5-6 hours. Add bananas to food processor and process. Add chopped raw nuts or melted nut butter to make more of a “sundae.”

Raw Vegan Carrot Cake Cupcakes

Ingredients (6 servings)

For the Cupcakes:

- 1 cup walnuts (not soaked)
- 1 cup dates
- 2 cups carrot pulp OR grated raw carrots. If you use grated carrots, use cheesecloth or paper towels to squeeze the carrot and remove as much excess moisture as possible (same deal if you have “wet” pulp)
- 1 tsp cinnamon
- 1/2 tsp ginger
- Dash nutmeg
- 1/8 tsp sea salt
- 3/4 cup raisins

For the Raw, Vegan Cream Cheese Frosting (makes over 1 cup):

- 1 cup cashews, soaked 1+ hours
- 6 pitted dates, also soaked 1+ hours (you can soak them together!)

- Dash sea salt
- 1 tsp lemon juice
- Water

Instructions

For the Cupcakes:

- Process the dates and walnuts in a food processor fitted with the S blade till they resemble a Larabar mix.
- Add carrot pulp or grated carrots and spices. Process till the mix has taken the form of a smooth “dough.”
- Add raisins and pulse to combine.
- Push the carrot cake dough into six muffin tins or ramekins and refrigerate for about an hour.

For the frosting:

- Rinse cashews and dates of their soak water, and place in a food processor with salt and lemon. Process until the mixture is pasty and well combined. Add just enough water as the motor is running to get the frosting consistency you want.
- Remove the carrot cupcakes from the fridge, and get frosting!