

# Daniel Fast

21 Days of Prayer & Fasting

# Daniel Fast Devotional Plan

Renew the spirit. Renew the body.

So many times we get so focused on the food side of this Fast that the spiritual side becomes second priority. I want to encourage you, make sure the time with the Lord is first priority. This is our opportunity to draw close to God, to surrender anew, to seek Him and to renew ourselves in Him.

We will have a food plan, but let's make sure we have a devotional plan first. TFA has provided a Bible reading plan, prayer points and online articles as resources for you if needed.

Make it personal. I've always found that it helps to have a prayer focus. I think nearly every time I've done it, amid all that I do and pray for, I have a singular prayer focus that I seek the Lord for. You may have a few things that you'd like to make your prayer focus. It's a great time for parents to lift up their kids or spouses. It's a great time to seek for breakthroughs & for direction.

Fasting is a spiritual discipline like giving offerings and praying. In Matthew 6:16-18 Jesus teaches on fasting as though it were an expected, normal part of our spiritual routine.

It's also a powerful practice. In the book of Daniel in the Old Testament, we actually see two instances when Daniel abstained from "regular" foods. The first is in Daniel 1:11-16 after Daniel had been brought as a captive into Babylon. The food that the king was offering Daniel and his peers would have been a defilement for them to eat. So they requested to be fed only vegetables and water for 10 days. God honored their obedience and at the end of 10 days Daniel and his peers were stronger and healthier than those who had eaten the king's food.

Then, in Daniel 10: 1-14 we see Daniel abstaining again from "pleasant" foods. This time it's as he seeks the Lord in prayer for a specific need. This is

where we get the Daniel Fast practice. For 21 days he fasted from pleasant foods and sought the Lord. He has a vision, and is visited by an angel who tells him that from the time he (Daniel) began praying, his prayers were heard, but that he (the angel) had been prevented from reaching Daniel until this time due to resistance from the enemy. In this passage the Bible gives us a powerful and practical look at spiritual warfare. We get to see what goes on in the spirit-realm and we get to see that prayer & fasting are effective.

James 5:16 tells us, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."

This is an opportunity to draw close to the Lord, to really take 21 days to prioritize our time with God in a more focused and purposeful way than we normally do. As you do, operate in faith, knowing that God hears you & that your prayer and fasting are not in vain.

Be careful, however, not to approach this time of fasting and prayer with the mindset that you're "trading with God." We're not bargaining with Him.

As we enter this time of fasting know that we are drawing closer to God & His Word promises that when we draw close to Him, He draws close to us. And whatever the outcomes of our life circumstances may be, we can also be assured that our prayers are making an impact whether we see it on this side of heaven or on the other.

### **Make a plan...**

**Bible:** Decide on what book or books of the Bible you will read during this time of fasting. Let the Bible be your primary reading source. Other devotionals are beneficial. The Bible is essential. For a Bible reading plan, a TFA resource is available in the lobby or online at [terrellfirst.com](http://terrellfirst.com).

**Prayer:** Set an appointment. What time of day do you plan to set aside each day to read your Bible and Pray? Schedule in the time for prayer. If you just hope it happens, it probably won't. But I've always noticed a difference in myself and in my walk with the Lord when I've been purposeful about setting aside quality, uninterrupted time with him consistently.

**Devotionals:** Devotional books can be encouraging throughout the fast. Some recommendations are...

Jentezen Franklin

Fasting Volume 1: The private discipline that brings public reward

Fasting Volume 2: Opening a door to God's promises

<https://jentezenfranklin.org>

Draw the Circle by Mark Batterson (40 day prayer challenge)

Live Dead Joy by Dick Brogden

Articles on fasting can be found at Terrellfirst.com

## The Fast: Preparation is Key

Prepare! It's all about being and staying prepared. Keep foods on hand. Having snacks & meals prepared in advance is your best defense against finding yourself in a tough spot, temptation and discouragement.

Reading Labels! Canned foods & prepared food items are some of your best friends, but you want to read the labels. Foods don't have to be organic but the goal is foods that are preservative & sugar free.

I can find most of what I need at Walmart. \$\$

## (My) Daniel Fast Essential Food List

- ✓ Fruits & Veggies that you like...
  - For cooking &
  - For easy snack packing like carrots, celery, apples, grapes, bananas, cherry tomatoes
- ✓ Raw Nuts
- ✓ Whole Wheat Pasta/ Noodles
- ✓ Whole Wheat Tortillas
- ✓ Brown Rice
- ✓ Quinoa
- ✓ Lentils
- ✓ Hummus
- ✓ Avocado and/ or premade guacamole
- ✓ Matzo Crackers (find in the Kosher section)
- ✓ Dates
- ✓ Oatmeal
- ✓ Peanut Butter
- ✓ Popcorn kernels
- ✓ Salsa
- ✓ Canned Beans
- ✓ Canned Veggies
- ✓ Canned Hunts Tomato Sauce
- ✓ Coconut aminos (soy sauce alternative)
- ✓ For Cooking & Seasoning:
  - Olive Oil
  - Onion
  - Garlic
  - Bell peppers
  - Cumin
  - Garlic powder
  - Chili Powder
  - Garlic salt

## The Fast: Tips & What to Expect

- ❖ The first four days of no coffee can be tough and painful.
- ❖ The first 7-10 days your body is detoxing from sugar, so you may be irritable & feel like you want to keep eating and eating even when you're not hungry. Your body is wanting sugar. Especially during these times, as my body detoxes from caffeine and sugar stimulants, I eat. Of course, only Daniel Fast foods, but I eat, even if it seems like I'm eating a lot. Your body will eventually settle down.
- ❖ Resources: TFA Church website is a great go-to for the food list, prayer list, etc. [Ultimatedanielfast.com](http://Ultimatedanielfast.com) for recipes & devotionals.
- ❖ You can do it! Remember, often times the battle is in the mind. You're eating, so if you're body feels overwhelmed with cravings, or you feel ineffective, that you haven't prayed enough or whatever the discouragement may be.... Just keep your eyes on the Lord and stay the course. You can do it!

Let's get started....

# Recipes

## \*\*\*Snacks\*\*\*

Store bought (just check labels)....

Lara Bars: Apple Pie & Cashew Cookie flavors

Rice Cakes

Triscuits

All Natural, Sugar Free Peanut Butter

Hummus & Matzo Crackers

- ❖ Hummus
- ❖ Matzo Crackers
- ❖ Carrots, celery\*

Hummus is a hearty food that can be paired with matzo crackers, carrot or celery sticks for a filling snack or quick meal replacement.

\*Matzo Crackers are an unleavened cracker that that are made of only wheat & water, sometimes with salt added. They can be found in the Kosher section at the store.

Other Matzo Combos

- ❖ Matzo & Peanut Butter
  - Add...
    - Banana
    - Raisin
    - Dates
- ❖ Matzo & Guacamole

To make at home...

### Homemade Hummus

1 can of (15oz) of chickpeas (Garbanzo beans)  
3 tablespoons of tahini ( or 1 tablespoon of peanut butter)  
1 clove of garlic  
juice of 1/2 lemon  
extra virgin olive oil  
smoke paprika

Drain the chickpeas

Place in food processor (or blender) with the tahini (or peanut butter).

Peel and add the garlic, add the lemon juice and drizzle up to **1/4** cup of olive oil depending on preference.

Process (or blend) until smooth. If needed, loosen with a splash of water.

Season to taste with salt and pepper.

### Prepped Raw Fruits & Veggies

Keep on hand fruits & veggies that are easy to package, grab & snack on throughout the day. Carrot sticks, celery sticks, cherry tomatoes, cucumber, apples, grapes, bananas, orange, cut cantaloupe, whatever you like. If it needs to be cut & packaged so that you can quickly grab it & go, it will be so worth it to prepare in advance. \*Package or keep peanut butter for quick grab & go for dipping.



## Trail Mix

- ❖ Almonds (or desired nut)
- ❖ Cashews (or desired nut)
- ❖ Raisins
- ❖ Dates
- ❖ Popcorn\*
- ❖ Roasted Chickpeas (Garbanzo Beans)\*

Trail Mix is great to prepare ahead of time in a large container or separated into individual baggies for quick grab and go. Just combine in even quantities nuts of your choice, raisins & chopped dates in large container. Toss or mix to combine & then store as is or package in individual baggies.

A couple of extra ingredients you could add are popcorn & roasted chickpeas.

## Popcorn

- ❖ Popcorn Kernels
- ❖ Olive Oil

Using a cooking pot, coat the bottom with olive oil – enough to nearly spread or to spread over the entire bottom of the pot. Add in one layer of popcorn kernels across the bottom of the pot. Turn the heat to medium & cover. Monitor the pot. Once the kernels begin to pop, turn the heat slightly down (for example, if it's at 5, turn it to 4). The kernels should start popping consistently. Once the popping slows down, remove the pot from the heat. Salt to taste.

\*I shake the pot occasionally throughout cooking to coat the kernels & ensure more even cooking.

### **Roasted Chickpeas**

If you like texture, these are your answer. They almost remind me of corn nuts – almost - but they are definitely nice & crunchy. I use The Minimalist Baker's recipe for roasted chickpeas. <https://minimalistbaker.com/actually-crispy-baked-chickpeas/>

#### **Ingredients:**

- 1 15-ounce can chickpeas (drained and very well drained + thoroughly dried)
- 1 Tbsp avocado or other neutral oil (if avoiding oil, omit and don't rinse chickpeas out of the can – just drain)
- 1/2 tsp sea salt
- 1 tsp seasonings of choice or chili powder

#### **Instructions**

1. Preheat oven to 350 degrees F (176 C) and set out a bare baking sheet (or more, as needed).
2. Drain chickpeas well. If using oil, rinse well with water and thoroughly drain. If omitting oil, simply drain well and skip rinsing with water.

3. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off. You can opt to peel all of the chickpeas – which can help for extra crispiness! – or simply remove the skins that come off. Either way, the chickpeas will crisp up. I just found that peeling them does yield slightly crispier chickpeas.
4. Transfer the chickpeas to a mixing bowl and top with oil (or omit) and salt. Mix well to combine. DO NOT add the other seasoning at this point – it can interrupt the crisping process, so wait to add until after baking.
5. Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. I like turning my pan around and shaking the chickpeas around at the halfway point for even cooking.
6. Remove from oven and toss with seasonings (if desired) while still warm. Then let cool 5-10 minutes – they will continue crisping as they cool.
7. Serve as is or atop bowls or salads! To store, place in a storage container or jar and DO NOT tightly cover. Instead, crack lid so they can “breathe” a bit. I found that this helped them stay crispy longer. These are best in the first day, but they will last for 4-5 days at room temperature. Alternatively, seal well and freeze up to 1 month.

### **Guacamole**

Mash 2-4 (depending on size) avocado in medium size bowl. Add 1 tbsp chopped onion, 1 clove chopped garlic, squeeze in lemon juice from ½ lemon (or lime), garlic salt or salt, pepper, 1 tbsp chopped cilantro (optional). Mix.

### **Sweet Peanut Butter**

- ❖ 8-10 Dates
- ❖ ¾ - 1 Cup Peanut Butter
- ❖ About ½ cup water or unsweetened nut milk

If you have a food processor, combine the dates and peanut butter into the food processor and mix well. Add liquid incrementally until you get a smooth, peanut butter consistency.

This is super yummy and can be used with your Matzo crackers or as a dipping sauce for fruit.

I haven't tried this without a food processor, but dates are tough and sticky, so if you are going to use a blender or nutra-bullet style mixer, you'll want to soak the dates about 5 minutes in hot water to soften before blending.

The flavoring and consistency is really all about what you like, so you can add more or less of any ingredient to get the sweetness & consistency you want. The dates are your sweetener.

### **Roasted Eggplant Spread**

1 medium eggplant, peeled  
2 red bell peppers, seeded  
1 red onion  
2 garlic cloves, minced  
3 tbs olive oil  
1 tbs of tomato paste  
salt and pepper to taste

Preheat oven to 400 degrees

Cut the eggplant, bell pepper, and onion into cubes

Toss them in a large bowl with the garlic, olive oil and salt and pepper.

Spread them on a baking sheet.

Roast for 45 minutes, until vegetables are light browned and soft, tossing them once during cooking.

Cool slightly.

Place vegetables in a food processor fitted with the steel blade, add the tomato paste.

Pulse for 3-4 times to blend.

Taste for salt and pepper.

## Quick & Easy Meals

### Bean burritos

- ❖ Canned Beans
- ❖ Whole Wheat Tortillas
- ❖ Salsa\*
- ❖ Guacamole\*

If you have canned beans & whole wheat tortillas, you can always whip up a burrito. If you keep salsa & guacamole on hand, just add to these, salt & pepper to taste & you're ready to go.

### 10 Min-Stir Fry

- ❖ 10-min boil in the bag brown rice
- ❖ Frozen or canned vegetables of choice
- ❖ Seasonings of choice: Salt, Pepper, Coconut Aminos (Soy Sauce alternative)

Boil the rice, heat the vegetables according to instructions or as desired, combine and add seasonings as desired.

## Personal "Pizza"

- ❖ Whole wheat tortilla
- ❖ Tomato sauce
- ❖ Desired toppings: mushroom, olive, onion, bell pepper

Preheat Oven to 350

Chop mushroom, onion, green and/ or red bell pepper.

Heat skillet to medium heat, add 1 tbsp olive oil, add chopped veggies. Cook until tender.

On a whole wheat tortilla, spread some tomato/spaghetti sauce, add toppings.

Heat in oven for about 7minutes.

\*Optional top with

Red Pepper Flakes

Vegan parmesan cheese (see recipe)

Minimalist Baker's Vegan Parmesan Cheese

<https://minimalistbaker.com/how-to-make-vegan-parmesan-cheese/>

## Ingredients

- 3/4 cup raw cashews
- 3 Tbsp *nutritional yeast*
- 3/4 tsp sea salt
- 1/4 tsp garlic powder

## Instructions

1. Add all ingredients to a *food processor* and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks.

# DF Meal Ideas: Breakfast, Lunch & Dinner

## Breakfast

I find that breakfast can be the most challenging meal because breakfast generally consists of caffeine, dairy, refined carbs and or sugars, but these are some hearty alternatives:

My breakfast go-to's are:

- ❖ Oatmeal
- ❖ Juices & smoothies

### Oatmeal

You can do just about anything with oatmeal, creating an "oatmeal bar" each morning.

- ❖ Rolled Oats (raw oatmeal) – If you get the Quaker 1-minute oatmeal, you can literally cook it in 60-90 seconds in the microwave. You can add any combo of the following items into your oatmeal. It can be as simple as peanut butter & raisins or peanut butter & banana or any of the following ingredients:
  - ❖ Chopped dates
  - ❖ Raisins
  - ❖ Canned Pumpkin
  - ❖ Peanut Butter
  - ❖ Nuts
  - ❖ Cinnamon
  - ❖ Banana
  - ❖ Apple

**Oatmeal Bowl** @karenshealingkitchen (On Instagram: post called "Steel Cut Oats.") Combine: ¼ cup steel cut oats, 2 cups water, a couple of hardy shakes of all spice, 2 big teaspoons of canned pumpkin, about a teaspoon combined flax seed & chia seed (optional) & equal parts chopped walnuts, chopped apple & raisins.

I've had this. Super yummy!

## Ultimate Daniel Fast Baked Oatmeal Recipe

<https://ultimatedanielfast.com/too-yummy-for-my-tummy/>

*1 ½ cups old-fashioned rolled oats*  
*1 ½ cups unsweetened almond milk*  
*½ cup unsweetened applesauce*  
*¼ cup chopped dried apricots*  
*¼ cup chopped dates or raisins*  
*¼ cup chopped pecans or walnuts*  
*½ teaspoon cinnamon*  
*¼ teaspoon salt*

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top. Yield: 6 servings (serving size: 2 squares)

### Recipe Notes

- Spread almond butter or [Date Honey](#) on each serving. (see recipe)
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.  
\*ultimatedanielfast.com
- **\*Date Honey**

*1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)*  
*1 cup water*  
*½ teaspoon cinnamon*

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth.



Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)

\*Ultimatedanielfast.com

### Smoothies

In a blender add whatever fruits & veggies you like that are bendable.

\*Tips

- Bananas & pineapple always add extra sweetness
- If you freeze some of your fruit or buy some frozen fruit (no syrup), you don't have to add ice to your smoothie.
- You can also add peanut butter to any smoothie for extra protein.

- Strawberries & bananas, water or unsweetened nut-milk, some ice & blend.
- Strawberries, bananas, pineapples, blue berries, spinach, water, some ice & blend.

\*If you have a juicer, juice your produce: orange, apple, tomato, celery, kale, carrots. Then pour that juice over banana & frozen berries & blend. Super sweet & yummy!

## Minimalist Baker's Scrambled Tofu Breakfast Burrito

<https://minimalistbaker.com/scrambled-tofu-breakfast-burrito-30-minutes/>

### *Ingredients*

#### **TOFU**

- 1 12-ounce package firm or extra-firm tofu\*
- 1 tsp oil (or 1 Tbsp (15 ml) water)
- 3 cloves garlic (minced)
- 1 Tbsp hummus (store-bought or *DIY*)
- 1/2 tsp chili powder
- 1/2 tsp cumin
- 1 tsp *nutritional yeast*
- 1/4 tsp sea salt
- 1 pinch cayenne pepper (*optional*)
- 1/4 cup minced parsley

#### **VEGETABLES**

- 5 whole baby potatoes (chopped into bite-size pieces)
- 1 medium red bell pepper (thinly sliced)

- 1 tsp oil (or 1 Tbsp (15 ml) water)
- 1 pinch sea salt
- 1/2 tsp ground cumin
- 1/2 tsp chili powder (not ground chili)
- 2 cups chopped kale

### ***THE REST***

- 3-4 large *whole wheat* (modified from original MB recipe)
- 1 medium ripe avocado (chopped or mashed)
- Cilantro
- Chunky red or green salsa or hot sauce

### **Instructions**

1. Preheat oven to 400 degrees F (204 C) and line a baking sheet with parchment paper (use more baking sheets if increasing batch size). In the meantime, also wrap tofu in a clean towel and set something heavy on top - such as a cast-iron skillet - to press out excess moisture. Then crumble with a fork into fine pieces. Set aside.
2. Add potatoes and red pepper to the baking sheet, drizzle with oil (or water) and spices, and toss to combine. Bake for 15-22 minutes or until fork tender and slightly browned. Add kale in the last 5 minutes of baking to wilt, tossing with the other vegetables to combine seasonings.
3. In the meantime, heat a large skillet over medium heat. Once hot, add oil (or water), garlic, and tofu and sauté for 7-10 minutes, stirring frequently, to slightly brown.
4. In the meantime, to a small mixing bowl, add the hummus, chili powder, cumin, nutritional yeast, salt, and cayenne (optional). Stir to combine. Then add water until a pourable sauce is formed (1-3 Tbsp as original recipe is written // adjust if altering batch size). Then add parsley and stir. Add the spice mixture to the tofu and continue cooking over medium heat until slightly browned - ~3-5 minutes. Set aside.
5. Assemble burritos: Roll out a large tortilla. Add generous portions of the roasted vegetables, scrambled tofu, avocado, cilantro, and a bit of salsa. Roll up and place seam side down (you can wrap in foil to keep warm - optional). Continue until all toppings are used up - about 3-4 large burritos.
6. Enjoy immediately for best results. Alternatively, you can package and refrigerate these up to 4 days (or the freezer for 1 month). Just microwave or heat in the oven before eating (be sure to remove foil if heating in microwave).

## Lunch

For lunch I like to carry left overs from dinner and/ or something off the Quick & Easy Meals & Snack list.

## Dinner

### **Seasonings Blend**

You'll find yourself doing a lot of prep work each time you cook, so to save a little bit of time, at the beginning of each week, I like to chop & store onion & garlic, (& bell peppers depending). I use these as the base for so much of the cooking, it's just helpful to have them chopped in advance.

### **"Always On Hand"**

- ❖ Brown Rice
- ❖ Roasted Veggies

These two items are good to prepare in advance & to keep on hand because you can always reach in and grab it when needed. Combine them for a quick meal of veggie & rice bowl.

### **Brown Rice**

- ❖ One cup Rice
- ❖ Two cups water or veggie stock
- ❖ Chopped onion & garlic – just about a tablespoon each
- ❖ Olive Oil 1 tbsp

Sautee your olive oil, garlic, onion & raw rice on medium - medium high heat for about 2 minutes or until rice is very slightly toasted. Add in liquid & bring to a boil. Cover & turn to low heat to cook for 40 minutes. When done salt (regular or garlic salt) & pepper.

- ❖ Cook 10-minute boil in bag brown rice for quick cooking.

\*For Mexican-style add just enough tomato paste or tomato sauce to color the rice. Add cilantro, desired seasonings.

### Roasted Veggies

Great for roasting any vegetable....

- ❖ Onion
- ❖ Garlic
- ❖ Olive Oil

### Mixed Veggie Plate:

The beauty of the veggie tray is that you can put whatever combination veggies together that you want – just a couple or a whole variety. \*Even add (or not) mushrooms. Portobello is my personal favorite.

- ❖ Carrots
- ❖ Potatoes (any kind)
- ❖ Broccoli\*
- ❖ Cauliflower\*
- ❖ Squash\*
- ❖ Mushrooms\*
- ❖ Green bell pepper\*
- ❖ Red bell pepper\*

Wash, cut & chop your veggies. Add them & your onion & garlic to a large bowl, and drizzle with olive oil, salt & pepper. Toss to coat. Empty into an oven cooking dish or baking tray & cook in the oven at 350 or 375 for about 30 minutes or until the potatoes & carrots are tender.

\*Tips:

The smaller you chop your potatoes & carrots, the faster they will cook. Otherwise, they can take forever.

If you cover with foil for the first 20-30 minutes and then remove foil for about 5-10 minutes, you'll get nice, tender veggies then they will crisp up a bit. Cook veggies until tender.

### For Greens:

For greens like Brussel sprouts and asparagus, I like to cook these separately, wrapped in foil.

Lay the veggies out on a sheet of foil. Drizzle with olive oil, salt, pepper, add onion & garlic. Then lay another sheet of foil on top & fold in together all the edges, so that the vegetables are "packaged in." Cook in oven at 350-375, for 30 minutes or until tender.

### Spaghetti

- ❖ Whole wheat noodles 1 package
- ❖ Tomato Sauce 1 – 29 oz can
- ❖ Onion 1/3 cup chopped
- ❖ Garlic 2-4 cloves chopped
- ❖ Olive Oil 1-2 tbsp

Sauté chopped onions & garlic in olive oil in sauce pan medium heat. Once translucent, pour in can of tomato sauce. Salt well with garlic salt or salt, pepper. Cover and let simmer on low heat.

Boil noodles. When done cooking, drain noodles and combine.

\*Optional to add to spaghetti sauce: mushrooms, olives.

Serve with your choice of sides: salad, veggies like corn or green beans.

\*For green beans, I like to sauté onion & garlic in olive oil in a medium sauce pan medium low heat. Next, add the green beans, season well with garlic salt or salt, pepper & add chopped almonds.

\*Salad dressing:

- 1 large lemon, juiced (1 lemon yields ~3 Tbsp or 45 ml)
- 1 pinch each sea salt + black pepper
- 3 Tbsp olive oil

Combine ingredients "to taste."

### Lentil Stew

- ❖ onion ½ cup chopped
- ❖ garlic (I like a lot) app 3-4 cloves chopped
- ❖ olive oil 1-2 tbsp
- ❖ tomato sauce 1 – 29 oz can
- ❖ carrots 2-3 chopped
- ❖ lentils (green are best) 1 cup
- ❖ 4 cups of water or veggie broth

Sauté chopped onion & garlic in olive oil in sauce pan on medium heat. Add in about 2-3 chopped carrots. Add in tomato sauce. Season with garlic salt or salt, pepper. Cover and cook on low while the lentils cook or until carrots are tender.

In separate pot, cook lentils according to the directions on the bag. When done, drain lentils if needed. They shouldn't be soupy, but thick & tender. If soupy, drain.

Combine lentils and sauce.

Serve hot as is or serve over a bed of brown rice.

\*Optional Matzo crackers on the side.

### **Minimalist Baker's Quinoa Tacos**

<https://minimalistbaker.com/quinoa-taco-meat/>

- ❖ Quinoa
- ❖ Tortillas
- ❖ Lettuce
- ❖ Tomato
- ❖ Avocado/ Guacamole
- ❖ Lime

Taco Seasoning for Quinoa:

- ❖ Salsa ½ cup
- ❖ Nutritional yeast (optional) 1 Tbsp
- ❖ Ground Cumin 2 tsp
- ❖ Ground Chili Power 2 tsp
- ❖ Garlic Powder ½ tsp
- ❖ Salt & Pepper ½ tsp each
- ❖ Olive Oil 1 Tbsp

Cook quinoa according to instructions on the bag. While quinoa is cooking preheat oven to 375.



In a large bowl, mix together ingredients for the Taco Seasoning. When Quinoa is done cooking, add it to the bowl of Taco Seasoning and mix well.

Then spread quinoa out on an oiled cooking sheet or baking dish and put in oven uncovered for about 15 minutes. (Quinoa is already cooked. This step is to get the quinoa to a more “meaty” texture.)

While quinoa is in the oven, chop your lettuce, tomato and avocado or prepare guacamole.

Once quinoa is done, prepare your tacos. Fill your tortilla with quinoa, lettuce, avocado, salsa. \*Top with chopped onion & lime (optional).

Serve with black beans & rice.

#### Other Quinoa Taco “Meat” Options:

- Giant Burrito: Just fill up tortilla with all of it: quinoa, rice, beans, avocado, lettuce, salsa, onion, etc.
- Taco Salad
- Taco Bowl – quinoa, beans, rice, lettuce, tomato, etc....
- Tostada (My favorite) – Harden your tortilla in the oven or on a skillet and then top with quinoa, beans, lettuce, salsa, avocado.

#### **\*Black beans**

You can cook raw black beans or heat canned black beans over the stove. If cooked raw, seasoning ideas are to cook with the beans a can of rotel or “homemade rotel” – chopped tomatoes, bell peppers, onion & garlic, garlic salt or salt, pepper.

If heating beans over the stove, to add extra flavor, in medium sauce pan on medium low heat, you can sauté in olive oil chopped onion, garlic, bell pepper. Add in black beans and salt & pepper to taste.

#### **\*Guacamole**

Mash 2+ avocado in medium size bowl. Add 1 tbsp chopped onion, 1 clove chopped garlic, squeeze in lemon juice from 1/2 lemon (or lime), garlic salt or salt, pepper, 1 tbsp chopped cilantro (optional). Mix.

**Minimalist Baker's Sweet Potato Black Bean Chili** - Super Good!!-

<https://minimalistbaker.com/5-ingredient-sweet-potato-black-bean-chili/>

## Ingredients

### *CHILI*

- 1 medium yellow or white onion (diced // coconut or olive oil)
- 3 medium sweet potatoes (scrubbed clean + chopped into bite sized pieces // organic when possible // 3 potatoes yield ~4 cups)
- 1 16-ounce jar salsa (chunky is best)
- 1 15-ounce can black beans (with salt // if unsalted, add more salt // slightly drained)
- 2 cups vegetable stock
- 2 cups water

### OPTIONAL *SPICES*:

- 1 Tbsp chili powder
- 2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp chipotle powder
- 1-2 tsp *hot sauce*

### *FOR SERVING* (optional)

- Fresh cilantro
- Chopped red onion
- Guac / Avocado
- Lime juice

## Instructions

1. In a large pot over medium heat, sweat onions in 1 Tbsp oil and season with a healthy pinch each salt and pepper (amounts as original recipe is written // use more or less if altering batch size). Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time (I went for chili, cinnamon, cumin, and chipotle powder - all are optional). Cook for 3 minutes. Then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup and thickened. This soup is at its best when prepared the night before or allowed to rest for a few hours so the flavor marries with the vegetables and beans.
4. Serve with fresh cilantro, onion, avocado, and/or lime juice.

\*Optional: Serve with Matzo Crackers.

### **Pasta in Balsamic Vinegar**

- ❖ Whole wheat pasta – bow tie or short noodle (16 oz)
- ❖ Balsamic Vinegar \*About 3 tablespoons (more or less depending on preference)
- ❖ 1-2 tbsp Olive Oil

- ❖ Onion – 1 tbsp minced
- ❖ Garlic – 1tsp to 1 tbsp minced (to preference)
- ❖ 1 Red Bell Pepper Chopped
- ❖ 1 Green Bell Pepper Chopped
- ❖ ½ cup - 1 cup chopped / sliced olives
- ❖ 8 oz of chopped/ sliced mushrooms
- ❖ Salt & Pepper
- ❖ Red Pepper Flakes\* (optional)

Prepare noodles according to the instructions.

Heat a separate skillet to medium heat. Add olive oil, onion, & garlic. Let sautee for 3-5 minutes. Then add bell peppers, olives & mushrooms. Cook until tender, stirring regularly or cover & lower heat to cook veggies quicker.

Once cooked, combine veggies and noodles. Coat with Balsamic Vinegar & salt/pepper to taste.

\*Sprinkle with Red Pepper flakes for some heat.

## Vegan Corn Chowder

<https://www.theroastedroot.net/vegan-corn-chowder/>

### Ingredients

- 4 ears corn, shucked and steamed\*
- 2 large red potatoes, peeled and chopped
- 3 tablespoons coconut oil, or avocado oil
- 1 large white onion
- 5 cloves large garlic, minced
- 3 large carrots, peeled and chopped
- 1 large red bell pepper, cored and chopped
- **1-½ teaspoons sea salt**
- **2 teaspoons Cajun seasoning, optional**
- **½ teaspoon paprika, optional**
- **¼ teaspoon ground cumin, optional**
- **1 cup full-fat canned coconut milk**
- 2 cups water, or vegetable broth

### Instructions

1. Place ears of corn into a large pot and fill with water. Cover the pot with a lid and place on the stove over high heat. Bring to a full boil and cook until corn is plump and juicy, about 5 to 8 minutes. Use tongs to remove corn from the boiling water and place on a cutting board. Note: If you're using canned corn, skip this step and transfer two of the cans of corn to a blender.

2. Peel and chop both of the red potatoes in quarters and carefully place it into the same pot of boiling water you used to cook the corn. Allow potatoes to cook until soft, about 10 to 15 minutes.

3. While the potato is cooking, sauté the rest of the vegetables. Heat the oil in a large stock pot over medium-high heat. Add the chopped onion and sauté, stirring occasionally, until onion is beginning to turn brown, about 5 to 8 minutes. Stir in the chopped bell pepper, carrots, seasonings, and sea salt. Cover the Dutch

oven and cook, stirring occasionally, until vegetables have softened, about 5 to 8 minutes.

4. Use a knife to remove the corn kernels from all of the ears of corn. Place half of the kernels in a blender, along with one of the cooked potatoes. Add the coconut milk and water (or broth) to the blender, and blend until completely smooth. This may take two or three rounds of blending.

5. Chop the other potato into smaller chunks. Add the remaining corn kernels to the pot with the sautéed vegetables, and pour the blended corn/potato (chowder) mixture into the pot. Bring to a gentle boil and cook for 10 to 20 minutes, until all vegetables have reached desired done-ness and the chowder is nice and tasty.

6. Remove from heat and taste chowder. Add sea salt to taste and enjoy!

## **Notes**

\*If you don't have access to fresh corn, use 2 cans of corn, drained

## Vegetarian Curry

<https://tasty.co/recipe/simple-veggie-curry>

### Ingredients

for 4 servings

- 2 tablespoons salt, for water
- 2 lb potato, cut into 1-inch (2 cm) cubes
- 1 tablespoon vegetable oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 teaspoons cumin
- 1 teaspoon cayenne pepper
- 4 teaspoons curry powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 2 centimeter pieces ginger, minced
- 14 oz diced tomato, 1 can
- 15 oz chickpeas, 1 can, drained
- 15 oz peas, 1 can, drained
- 14 oz coconut milk, 1 can

### Preparation

1. Place potatoes into a large pot or dutch oven and cover with well-salted water. Bring to a boil, then reduce heat to a simmer, cover and let the potatoes cook until fork tender—about 12 minutes. Once cooked, drain the potatoes and set them aside.
2. Return the pot to the stove and add 1 tablespoon of oil. Add onion and garlic and sauté over medium heat until onion is tender and starts to turn translucent, about 3-5 minutes.
3. Add cumin, cayenne, curry powder, salt, pepper and ginger. Stir to combine before adding tomatoes, chickpeas, and peas.
4. Increase heat to medium-high and stir in the coconut milk. Bring to a simmer before adding the potatoes back to the pot. Reduce heat to low and cook everything together for 3-5 minutes before serving.
5. Enjoy!