



What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners and no breads

How to Prepare for the Daniel Fast

Quiet Time: If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you *fasting*? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word: 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting: 1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God greatly bless you as you fast!

What to Expect during the Fast:

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

When you fast:

- Expect to get to know God better
 - Fasting is waiting.
 - Lamentations 3:25-27
 - Fasting is drawing near.
 - Jeremiah 29:11-13
- As you demonstrate sincerity to God, you can expect:
 - Expect strength in your inner character.
 - Find power to leave sinful habits.
 - 2 Corinthians 7:1
 - Find power to stay focused in prayer.
 - Find yourself desiring God's presence.
 - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.

How to succeed in fasting:

- Fast with friends.
 - Matthew 18:19
- Fast with a purpose (not casually).
 - Set a start date and end date.
 - Determine you will follow through on the fast.
- Fast unselfishly.
 - Isaiah 58:1-11
- Spend time with God.
 - **Fasting does not work if you do not pray.**

Types of Fasts:

- **Full Fast**
 - Drink only liquids (you establish the number of days).
- **3-Day Fast**
 - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- **The Daniel Fast**
 - Eat no meat, no sweets and no bread. Drink water. Eat fruits and vegetables.
- **Partial Fast**
 - A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.

You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Common FAQ's

What about prepared foods?

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta?

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts?

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast?

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed?

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

How can I identify whole grain foods?

Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing?

Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast?

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

What about bread?

The bread should be prepared without yeast.

How much can I eat?

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

Foods to include in your diet during the Daniel Fast...

All fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Guava
Apricots	Honeydew melons
Avocados	Kiwi
Bananas	Lemons
Berries	Limes
Blackberries	Mangoes
Blueberries	Melons
Boysenberries	Mulberry
Breadfruit	Nectarines
Cantaloupe	Oats
Cherries	Olives
Coconuts	Oranges
Cranberries	Papayas
Dates	Peaches
Figs	Pears
Grapefruit	Pineapples
Grapes	Plums
Grenadine	Prunes
Raspberries	Raisins
Strawberries	Tangelos
Tangerines	Watermelon

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Onions
Asparagus	Parsley
Beets	Peppers
Broccoli	Potatoes
Brussels sprouts	Radishes
Cabbage	Rutabagas
Carrots	Scallions
Cauliflower	Spinach
Celery	Sprouts
Chili peppers	Squashes
Collard greens	Sweet potatoes
Corn	Tomatoes
Cucumbers	Turnips
Eggplant	Watercress
Garlic	Yams
Ginger root	Zucchini
Kale	Mushrooms
Leeks	Mustard greens
Lettuce	Okra

Legumes:

Dried beans	Green beans
Black beans	Green peas
Cannellini	Kidney beans
Pinto beans	Peanuts
Split peas	Beans
Lentils	Lentils
Black eyed peas	Lupines
White	Peas

Seeds:

All nuts (raw, unsalted)	Sunflower
Sprouts	Sesame
Ground flax	Almonds
Cashews	Natural Almond Butter
Walnuts	

Whole Grains:

Whole wheat	Barley
Brown rice	Grits (no butter)
Millet	Whole wheat pasta
Quinoa	Whole wheat tortillas
Oats	Plain Rice cakes
Rolled Oats	Popcorn (homemade)
Plain Oatmeal- not instant	

Liquids:

Water (spring, distilled, filtered)	
Unsweetened Soy Milk	
Herbal (caffeine free) Tea	
100% Fruit/Vegetable Juice (no added sugar)	

Other:

Tofu	
Soy products	
Herbs	
Small amounts of Honey	
Small amounts of Sea Salt	
Small amounts of Ezekiel Bread	
Small amounts of Olive Oil	
Spices (read the label to be sure there are no preservatives)	

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...
White rice
White bread
All deep fried foods
Caffeine
Coffee (including decaf b/c contains small amount of caffeine)
Carbonated beverages
Energy drinks
Foods containing preservatives, additives
Refined foods
Processed foods
Food additives
Refined sugar
Sugar substitutes
Raw sugar
Syrups
Molasses
Cane juice
White flour
Margarine
Shortening
High fat products
Butter
All leavened breads
Baked goods
All dairy
Milk
Cheese
Yogurt
Cream
Eggs
Alcohol
Mayonnaise

Breakfast Recipes

Easy High-protein Breakfast Stir-fry for the Daniel Fast

1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
Fresh Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.
Makes two servings.

Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)
1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Granola

4 cups rolled oats
1 cup crushed almonds
1/2 cup whole grain flour
1 tsp. cinnamon
1/4 cup shredded coconut
1 cup sunflower seeds
1/2 cup wheat germ or other whole grain bran
1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven.

Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal

2 sweet apples
3/4 cup rolled oats
1 cup blueberries
1/2 cup almonds
1 cup apple juice

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.

Meals and Sides

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil
1 medium yellow onion (chopped)
2 cans diced tomatoes (14.5 oz) (or fresh)
Salt to taste
1/4 cup cilantro, finely chopped

Saute onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt.

Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed
1/4 teaspoon salt
3 cloves garlic, minced
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato Fries

Makes 4 servings

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

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.

Minestrone Soup

8 cups vegetable stock

1 1/2 cups of garbanzo beans

2 cups red kidney beans

1/2 cups carrots

3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)

1/2 cup fresh parsley

Sea salt

1 cup cabbage

1/4 tsp. oregano

3/4 tsp. basil

1/4 tsp. thyme

1/2 cup celery

1/2 cup onion

1 clove garlic

1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and saute in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean Soup

8 cups vegetable stock
1 1/2 cup onion
1 cup celery
1 potato
2 garlic cloves
1 tsp. honey
2 bay leaves
Sea salt
1 pd. black beans, soaked overnight, rinsed & drained
1 yellow or red pepper
1 cup carrots
2 Tbsp. cilantro
1 Tbsp. parsley
2 Tbsp. marjoram
1 whole onion

Place beans in pot with veg. stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hrs. or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender.

During last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

White Beans and Sauteed Vegetables

2 cans white beans, drained
2 tablespoons olive oil
1/2 cup yellow onion, chopped
2 cloves garlic, minced
1/2 cup celery, finely diced
1/2 cup carrot, finely diced
1/4 cup virgin olive oil (to drizzle after beans are dished up)

Salt and pepper to taste

Drain the white beans and set aside

Heat olive oil and then add all the prepared vegetables to the pan and saute until just done.

Add beans and heat thoroughly.

Dish up on serving plates, drizzle with extra virgin olive oil. Salt to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So use the less expensive pure olive oil for sautéing and frying.

Stir Fry Vegetables

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

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 min.

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.

Stuffed Peppers

2 Tbs. olive oil
2 stalks celery, minced (1/2 cup)
1 medium onion, minced
1 tsp. salt
1 clove garlic, minced (1 tsp.)
2 cups cooked brown rice
1/2 cup yellow raisins
1/2 cup vegetable broth
5 oz tofu, mashed
3 red bell peppers, laved lengthwise
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

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
1 (14 1/2-ounce) can diced tomatoes
1 pound lentils (approximately 1 1/4 cups)
2/3 cup pearl barley
11 cups vegetable broth (can substitute water)
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and saute 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 to taste. Ladle the soup into bowls, drizzle with olive oil and serve.

Vegetarian Chili

2 medium-sized green peppers, chopped
1 medium-sized yellow onion, chopped
1 zucchini, sliced
1 yellow squash, sliced
2 tablespoons olive oil
2 tablespoons chili powder
3/4 teaspoon salt
1/4 teaspoon ground red peppers
2 cups corn kernels (fresh or frozen)
2 16 oz. cans tomatoes (juice and all)
2 16 oz. cans pinto beans (juice and all)
2 16 oz. cans black beans (juice and all)
1 4 oz. can mild green chilies
1 4 oz. can of tomato paste

Chop and saute in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

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
Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce.

Yield: 4 servings

Whole Wheat Tortillas

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

2 cups whole wheat flour
1/2 teaspoon salt
2 tablespoons olive oil
1/2 cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball

With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).

Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.

Yield: Makes 12 tortillas

Polenta "Biscuits"

This recipe for polenta "biscuits" is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta
1 teaspoon Italian seasoning
Salt
2 - 12 ounce packages extra-firm tofu, drained
1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

Fast Food

Okay, there are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have the on hand.

1 can organic tomato soup (check the label for ingredients)
1 can white beans
1 cup mixed vegetables (frozen)
Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)

Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!
Serves 2-4 depending on size of serving!

Harira

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs oil
1 cup chopped onion
1/2 cup chopped celery
2 cups warm water
Pinch of saffron threads
1/2 tsp salt, divided
1/4 tsp peeled fresh ginger, minced
1/4 tsp ground red pepper
1/4 tsp ground cinnamon
2 garlic clove, minced
2 cups organic mushroom broth
1 1/2 cups chopped and seeded plum tomatoes
1/2 cup dried small red lentils
2 15 oz. cans no-salt-added chickpeas, drained
3 Tbs chopped fresh cilantro
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and saute 4 minutes or until tender.

Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

Vegetable Stock

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock. Makes 4 cups of vegetable stock

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

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.

Once the water comes to a 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.

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 skillet in 2 tablespoons oil. Add oregano & 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.

Rice, Black beans and corn

1 can Organic Black beans drained
1 can of Organic corn drained
organic long grain rice
organic corn tortilla
homemade salsa (see below)
avocado

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 avocado 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) Serve with sliced avocados.

Tabouleh

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

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.

Black Bean & Brown Rice Stuffed Peppers

1 qt 100% Vegetable or Tomato Juice
2 cups cooked black beans
1 cup cooked brown rice
2 med green onions (chopped)
1/4 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.

Curry brown rice

Cooked 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

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 desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

Veggie soup

1 28oz. can diced or crushed tomatoes
1 6oz. can tomato paste
1 can of tomato sauce
1 can (drained) each of corn, green beans, potatoes, english peas, carrots.
Salt 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.

Leek and Potato soup

1 tsp crushed fennel seeds
2 cloves garlic
2 tbsp olive oil
4 pints vegetable stock
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 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, and then cover, turn heat down and simmer for 40 mins.

Black bean soup

Make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeno, chopped Cilantro. Combine all ingredients and enjoy. Amount of broth depends on how chunky you like your soup.

Hot water cornbread

White or yellow corn meal
Hot water

Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

Rice, Green Beans and Lentils

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.

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.

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 ingredients in crock pot for four hours on medium.

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.

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

Brown Rice Dinner

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

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

Snacks

Popcorn

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. 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.

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.
1/2 cup orange juice (juiced from fresh oranges)
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)
2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Salads/Dressings

Salad

3 cups bite-size pieces fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe
Optional 1/2 cup sliced oranges
2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice
1 tablespoon honey (if you are allowing honey)
1 1/2 teaspoon olive oil
Avocado Tomato Dressing
2 ripe avocados, peeled and pitted
1 med. ripe tomato
1 tsp. herb seasoning
1/4 cup fresh lemon juice
Sea salt to taste

Place all ingredients in blender and blend until smooth.

Creamy Green Dressing

1/2 med. ripe avocado, peeled and pitted
3/4 cup distilled water
3 tablespoons fresh lemon juice
1/4 cup almonds, soaked overnight and drained
1/4 tsp. garlic powder
1 1/4 tsp. onion powder or flakes
Sea salt

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 cup tightly packed fresh basil leaves
1/3 cup pine nuts
1/3 cup cold-pressed extra virgin olive oil
Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

Herb Vinaigrette

1/3 cup fresh lemon juice
1/2 tsp. dried basil (if using fresh, use twice as much)
1 tsp. dried oregano
1/4 tsp sea salt
1/2 tsp dry mustard (optional)
1/2 cup fresh Italian parsley, minced
1 cup olive oil
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

1/2 cup olive oil
1/4 cup fresh lemon juice
1-2 garlic cloves, peeled
1 tsp. whole grain mustard seed (optional)
1/2 cup distilled water
1 green onion, chopped
1 tsp. honey
Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1/2 tsp. basil. Mix well.

French Dressing

1 cup olive oil
1/3 cup fresh lemon juice
1/3 cup honey
1 tablespoon paprika
3/4 cup salt free tomato puree
1 tablespoon onion powder
1/2 tsp. garlic powder
Sea salt

Blend on high for 30 seconds.

Diced Fruit Salad

1 kiwi
1 pint strawberries
1 mango
2 bananas
1/2 pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 cups corn kernels (fresh or frozen)
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh cilantro
2 (14.5 ounce) cans black beans, rinsed
2 cups shredded red cabbage
1 large tomato, diced
1/2 cup minced red onion
Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
Yield: 4 serving

MISO-DILL DRESSING

Preparation time: 5 min.

Yield 4 servings

Ingredients:

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

Directions:

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.

SALAD DRESSING

Preparation time: 1 min.

Yields 4 servings

Ingredients:

- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 tsp Herbes de Provence
- 1 teaspoon Dijon Mustard
- 1 clove garlic crushed
- 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.

TOMATO VINAIGRETTE

Makes 2 servings

Ingredients:

- $\frac{1}{2}$ cup chopped, peeled tomato
- 2 tablespoon white wine vinegar
- $\frac{1}{2}$ teaspoon dried basil (or $1\frac{1}{2}$ tsp fresh)
- $\frac{1}{2}$ teaspoon dried thyme (or $1\frac{1}{2}$ tsp fresh)
- $\frac{1}{2}$ teaspoon Dijon mustard

Directions:

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

APPLE CRAZE!

Preparation time: 5 min.

Yields 1 serving

Ingredients:

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

Directions:

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.

FRUIT FANTASY

Preparation time: 10 min.

Yields 3 servings

Ingredients:

- 1 banana (not frozen)
- 1 apple
- 1 orange
- 2 handfuls grapes
- 3 strawberries (frozen)

- 8 ice cubes

Directions:

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.

SPRING SMOOTHIE

Preparation time: 10 min

Yields 6 servings

Ingredients:

- $\frac{1}{2}$ ripe cantaloupe
- 2 ripe kiwis
- 20 fresh strawberries
- 3 slices unsweetened pineapples
- $\frac{1}{3}$ cup unsweetened pineapple juice
- 4 cubes ice

Directions:

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.

VEGGIE ENERGIZER

Preparation time: 5 min.

Yields 2 servings

Ingredients:

- 1 cup cold bottled water
- 1 carrot, scrubbed clean and cut into large pieces
- 1 stalk celery, cut into large pieces
- $\frac{1}{2}$ apple wash and leave skin on
- 1 inch piece of fresh ginger, peeled

Directions:

In a high-powered blender blend all ingredients until smooth.

WATERMELON-BERRY WONDER

Preparation time: 5 min

Yields 1 serving

Ingredients:

- $\frac{1}{2}$ cup seedless watermelon, chopped into chunks
- $\frac{1}{4}$ cup raspberries, blueberries or blackberries, frozen
- A splash of water
- 1 teaspoon lime juice
- 3 ice cubes

Directions:

Combine and blend in a blender until smooth!!

EASY SPICED BROWN RICE WITH CORN

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

Prep Time: approx. 5 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 5 min.

Yields 6 servings

Ingredients:

- 2 cups water
- 1 cup brown rice
- 1 tablespoon olive oil
- 1 cup frozen corn kernels
- $\frac{1}{2}$ teaspoon dried cilantro
- $\frac{1}{2}$ teaspoon cumin seed

Directions:

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.

OVEN BROWN RICE

Prep Time: approx. 10 min.

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

Ingredients:

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

Directions:

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.

OVEN FRIES

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

Ingredients:

- 2½ pounds baking potatoes
- 1 teaspoon olive oil
- 1 pinch ground cayenne pepper

Directions:

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.

BROWN RICE SALAD

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

Ingredients:

- 2 cups water
- 1 cup brown rice
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{2}$ cup balsamic vinaigrette salad dressing*

Directions:

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.

BLACK BEAN AND CORN SALAD

Prep Time: approx. 15 min.

Ready in: approx. 12 hrs., 15 min.

Yields 6 servings

Ingredients:

- $\frac{1}{2}$ cup balsamic vinaigrette salad dressing*
- $\frac{1}{4}$ teaspoon seasoned pepper
- $\frac{1}{4}$ teaspoon dried cilantro
- $\frac{1}{8}$ teaspoon ground cayenne pepper
- $\frac{1}{4}$ teaspoon ground cumin
- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (15 ounce) cans unsalted whole kernel corn, drained
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green onions
- $\frac{1}{2}$ cup red bell pepper, chopped

Directions:

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.

PAN FRIED GREEN BEANS

Prep Time: approx. 15 min.

Cook Time: approx. 15 min.

Ready in: approx. 30 min.
Yields 4 to 6 servings

Ingredients:

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

Directions:

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.

BROCCOLI AND GREEN BEANS

Prep Time: 20 min.

Cook Time: 15 min.

Yields 4 servings

Ingredients:

- 8 cups broccoli florets (about 1½ pounds)
- ½ pound green beans
- 2 tablespoons cup 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

Directions:

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.

CHUNKY CHILI

Prep Time: approx. 20 min.

Cook Time: approx. 4 hrs.

Ready in: approx. 16 hrs. 20 min.

Yields 10-12 servings

Ingredients:

- 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

Directions:

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.

CABIN DINNER

Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

- 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

Directions:

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.

LEMON HERB MARINADE

Yields 2-3 cups

Ingredients:

- 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
- $\frac{1}{2}$ cup extra virgin olive oil

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.

Yields 4 servings

Ingredients:

- $1\frac{1}{2}$ cups broccoli florets
- $1\frac{1}{2}$ cups cauliflower florets
- 1 green bell pepper, cut into 1-inch pieces
- 1 cucumber - peeled, seeded and chopped
- 1 carrot, coarsely chopped
- $\frac{1}{4}$ cup lemon herb marinade *

Directions:

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.

BLACK BEANS WITH RICE

Prep Time: approx. 20 min.

Cook Time: approx. 5 min.

Ready in: approx. 25 min.

Ingredients:

- $\frac{3}{4}$ cup uncooked brown rice
- 2 cups vegetable and herb broth *
- 1 (15 ounce) can black beans; drain and reserve liquid
- 2 tablespoons lemon juice
- 1 tablespoon garlic powder
- $1\frac{1}{2}$ teaspoons dried cilantro

Directions:

Bring a medium size pot of water to a boil; add rice. Bring back to a boil, and then reduce heat to simmer. Let rice simmer until done. Place beans and rice in a medium size saucepan. Heat over a medium heat, stirring frequently. Stir in reserved bean liquid as needed. Remove pan from heat and stir in lemon juice, garlic powder and cilantro. Let sit a moment, and stir in fresh oregano. Serve immediately.

EASY VEGETARIAN CHILI

Prep Time: approx. 25 min.

Cook time: 30 min.

Ready in: approx. 55 min.

Yields 8 servings

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onions
- $\frac{3}{4}$ cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- $\frac{3}{4}$ cup chopped celery
- 1 tablespoon chili powder
- $1\frac{1}{2}$ cups chopped fresh mushrooms
- 1 (28 ounce) can whole, unsalted, peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole unsalted kernel corn, undrained
- 1 tablespoon ground cumin
- $1\frac{1}{2}$ teaspoons dried oregano
- $1\frac{1}{2}$ teaspoons dried basil

Directions:

Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

ALLSPICE STRING BEANS

Prep Time: approx. 10 min.

Cook Time: approx. 20 min.

Ready in: approx. 30 min.

Yields 4 servings

Ingredients:

- 1 tablespoon olive oil
- 2 cloves garlic, crushed
- 1 pound fresh green beans, trimmed and snapped
- ½ cup water
- 2 teaspoons ground allspice
- Salt and pepper to taste

Directions:

Heat oil in a medium saucepan over medium heat. Cook and stir garlic until lightly browned. Mix in green beans and water, and bring to a boil. Stir in allspice, salt, and pepper. Cover, and simmer 20 minutes, until green beans are soft.

AMERICAN-STYLE RED BEANS AND RICE

Prep Time: approx. 5 min.

Cook Time: approx. 30 min.

Ready in: approx. 35 min.

Yields 4 servings

Ingredients:

- 1 tablespoon olive oil
- 1 (15 ounce) can kidney beans
- 1½ cups unsalted tomato sauce
- 4½ cups water, divided
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- 1 pinch dried thyme
- Salt and pepper to taste
- 5 teaspoons adobo seasoning, divided
- 2 cups uncooked brown rice

Directions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice

and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

BLACK BEAN AND RICE SALAD

Prep Time: approx. 10 min.

Cook Time: approx. 10 min.

Ready in: approx. 20 min.

Yields 8 servings

Ingredients:

- 2 tomatoes, chopped
- 1 large red bell pepper, chopped
- 2 jalapeno peppers, minced
- $\frac{3}{4}$ cup lemon juice
- $1\frac{1}{4}$ teaspoons dried cilantro
- $\frac{1}{4}$ teaspoon dried basil
- $\frac{1}{8}$ teaspoon red pepper flakes
- 1 (15 ounce) can unsalted whole kernel corn; drain and reserve liquid
- 1 (15 ounce) can black beans; drain and reserve liquid
- 1 tablespoon olive oil
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ teaspoon minced garlic
- $1\frac{1}{2}$ cups instant brown rice
- Salt and pepper to taste

Directions:

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside. In a medium saucepan, heat olive oil at a medium-low heat. Add onions and sauté until they are translucent. Add garlic and sauté for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly. Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

THICK AND CREAMY CORN-POTATO SOUP

Ingredients:

- 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, as necessary

Directions:

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. Serves 8-10 generously.

GRILLED VEGETABLES

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

BAKED SWEET POTATOES

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

TOMATO BASIL SOUP

Ingredients:

- 12 Vine Ripe Tomatoes
- 1 Package Cherry Tomatoes
- 2 1/2 Cups Fresh Carrot Juice 1 Large Ripe Avocado
- 2 Yellow Onions (chopped)
- 4 Cloves Garlic (chopped)
- 5 Stems Fresh Basil
- 2 Tablespoons Pure Honey
- 1 Bay Leave

- 1 teaspoon Oregano
- 1 teaspoon Sea Salt
- 1 Tablespoon Red Pepper Flakes
- 2 Tablespoons Olive Oil

Directions:

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.

PORTABELLA STEAKS

Ingredients:

- 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

Directions:

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.

VEGETABLE SOUP

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

Ingredients:

- 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

Directions:

- Use your favorite spices. Some possibilities: 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley.
- Pour $\frac{1}{4}$ cup vegetable broth in a soup pot.
- Add all of the vegetables and saute them until tender.
- Add the spices and stir to mix.
- 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.

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.

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 $\frac{1}{2}$ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

THE BREAKER'S GRANOLA

Ingredients:

- 5 cups raw oatmeal
- 1 cup finely chopped walnuts
- 1 cup slivered raw almonds
- 1 cup finely chopped cashews
- 1 cup unsalted sunflower seeds
- 1/2 cup flax seed
- 1 cup finely chopped dry figs
- 1 cup finely chopped apricots (unsweetened if possible)
- 1/4 cup chopped coconut
- 2 cups unsweetened raisins
- 2 Tablespoons cinnamon

Directions:

- 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.

BROWN RICE WITH EDAMAME AND VEGETABLESIngredients:

- 2 cups brown rice
- 4 cups water or vegetable broth
- 1 cup fresh squeezed orange juice
- 1 package frozen, shelled edamame
- 1 cup shredded carrots
- 1 cup sliced white mushrooms
- ½ teaspoon cumin
- 1 clove garlic minced
- ½ cup chopped green onion

Directions:

- 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, prepare edamame according to package directions but without salt. Drain in a sieve.
- Saute garlic, cumin, mushroom and carrot just until tender.
- Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.
-

CUBAN BLACK BEANS AND RICE WITH TOMATO SALSAIngredients:

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

Directions:

- 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

Ingredients:

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

Directions:

- 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. We prefer chunky.
- Place rice on individual dishes and top with beans and salsa.

Serve with sliced mango and papaya and lime juice.

TOASTED NUT SNACK

Directions:

- 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.

Keep this on the counter for a quick snack.

EASY POTATOES IN CURRY SAUCE

Ingredients:

- 6-7 Russet potatoes, peeled and cut into slices or cubes
- 1/2 cup onions, chopped
- grapeseed oil to sautee 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

Directions:

1. Heat the oil in a large pan over medium heat. Stir in the onions and bay leaf. Cook until the onions are tender.
2. 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.
3. 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.

MINESTRONE SOUP

Ingredients:

- 8 cups of vegetable stock
- 1 1/2 cups of garbanzo beans or white cannellini beans
- 2 cups of red kidney beans
- 1/2 cups of diced carrots

- 3 medium tomatoes or 14 oz can of diced tomatoes
- 1/2 cup minced fresh parsley
- 1 cup cabbage
- 1/4 tsp. oregano
- 3/4 tsp. basil
- 1/4 tsp. thyme
- 1/2 cup chopped celery
- 1/2 cup onion
- 1 clove minced garlic
- salt and pepper
- grape seed oil (optional)
- 1 package or whole-wheat spinach or red bell pepper noodles

Directions:

1. Lightly sauté carrots, onions, garlic, and celery over medium heat.
2. Stir in beans, tomatoes, and herbs, except the parsley, and add the vegetable stock. Bring to a simmer over medium heat.
3. Turn heat down and simmer all the ingredients for about 10 minutes, then stir in the uncooked noodles (break the noodles), cabbage, and parsley and simmer with lid partially on for about 15 more minutes or until cabbage is tender.
4. Add more tomatoes or vegetable stock as needed.

STUFFED BELL PEPPERS

Ingredients:

- 8 green or red bell peppers, you can use poblano chiles (make more if you have a large family)
- 1/2 cup onion, chopped
- 1 celery stalk, chopped
- 2 cups cooked brown rice (left-over rice works great in this recipe)
- 1 tsp Italian seasoning (use any herbs you want)
- 1/2 cup carrots, diced

You can use any vegetables you like.

Directions:

1. Preheat oven to 350 degrees.
2. Slice tops off peppers, remove seeds and stems, and dice the remaining part of the top of the pepper.
3. Sautee all the veggies until tender for about 5 minutes.

4. Add the cooked rice to the veggies and mix. Remove from the heat and allow the mixture to cool a little bit.
5. Use a spoon to stuff the bell peppers with the rice mixture.
6. Place the stuffed bell peppers in a baking dish and drizzle with some grapeseed oil. Place in the oven and bake for 40-50 minutes. Enjoy!

GAUCAMOLE SALAD

Ingredients:

- 4 avocados, diced
- 2 cups thinly sliced romaine lettuce
- 4 diced tomatoes
- 1 tbs diced onion (you can add more onion if you wish)
- 1 green bell pepper, diced
- salt and pepper to taste
- lemon juice (optional)

Instructions:

1. Mix all the ingredients in a bowl and season with salt and pepper.
2. Add some lemon juice and mix well.

BANANA SPLIT

Ingredients

- 1 banana
- 1 tablespoon nut butter (peanut, almond, etc)
- 1 tablespoon ground flax seeds or wheat germ
- 1 tablespoon chopped pecans
- 1/4 cup of your favorite whole grain, low sugar cereal
- 1/2 cup berries, fresh or frozen and thawed
- 1 tablespoon agave nectar, optional

Directions:

1. Cut the banana in half lengthwise.
2. Spread nut butter on each banana half and put it back together like a sandwich.
3. Sprinkle the banana with ground flax, pecans and cereal.
4. Top with the berries and agave nectar.

BAKED ORANGE YAMS

Ingredients:

- 2 medium sized Agave nectar or pure maple syrup
- 2 cinnamon sticks
- 1 cup orange juice (peel off a long curl of orange peel)
- 1 teaspoon whole cloves

Directions:

1. Peel, cube, and wash yams and then place them in a baking dish along with the cinnamon sticks and the orange peel studded with cloves (this makes it easy to remove them at the end).
2. Sprinkle with some agave nectar (at least a couple of tablespoons) and pour the orange juice on the yams.
3. Bake in a 425 degree oven for 45 minutes covered with foil.
4. Bake uncovered for 10-15 more minutes until slightly brown. Sprinkle with some cinnamon powder and serve with a cup of decaf tea if desired.

***Warning: If you bake the yams too long, they will be very soft like baby food.**

Granola

- 4 cups rolled oats
- 1 cup crushed almonds
- 1/2 cup whole grain flour
- 1 tsp. cinnamon
- 1/4 cup shredded coconut
- 1 cup sunflower seeds
- 1/2 cup wheat germ or other whole grain bran
- 3/4 - 1 cup honey
- 1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal**Ingredients:**

- 2 sweet apples

- 3/4 cup rolled oats
- 1 cup blueberries
- 1/2 cup almonds
- 1 cup apple juice

Directions:

- 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.

Oatmeal with Fruit and Nuts

- 1/3 cup rolled oats
- 1/3 cup apple juice
- 1/3 cup water
- Raisins and chopped nuts

Cook oats in juice and water in microwave for 1 minute on high. Add raisins and chopped nuts.

Breakfast Tacos

Ingredients

- Gimme Lean**
- Veggie Shreds
- 1 Large Onion*
- 1 Large Bell Pepper*
- 2 Large Tomatoes
- 1 Bag Frozen Corn
- Curry
- Sea Salt
- Oregano
- Sweet Basil
- Cayenne Pepper
- Garlic Powder
- Olive oil
- 100% Whole Wheat Tortillas

Directions:

- Chop onion, garlic, bell pepper and tomatoes.

- Sautee onion, garlic, bell pepper, corn and tomatoes in large sauce pan(in olive oil).
- Add seasonings: pinch of cayenne pepper, pinch of sea salt, garlic powder, and curry.
- Add $\frac{1}{2}$ tube Gimme Lean. Use fork to separate Gimme Lean. Cook for about 10 -15 minutes on medium heat.
- Remove mixture from heat, place Veggie Shreds in tortilla with mixture and wrap in tortilla. Enjoy!

*Frozen products can be used; however, fresh products provide better flavors

**Can substitute frozen hash brown potatoes for Gimme Lean

Salsa

Ingredients:

- 1 Large Can Organic Diced Tomatoes
- 2 Large Onions
- 4 Serrano Peppers
- Garlic Powder
- Sea Salt
- Cayenne Pepper
- Large Sauce Pan (Pot)

Directions:

- Dice onion, Serrano pepper (remove seeds).
- Combine onion, Serrano peppers, diced tomatoes, garlic powder, sea salt(to taste), cayenne pepper(a pinch) in a large sauce pan (pot) and bring to a roaring boil for 15-20 minutes.
- Let simmer on low heat for 10 minutes. Serve and enjoy.

Veggie Wraps

Grill the following ingredients:

- 2 Portobello mushroom
- 1 Medium eggplant peeled cut in half then sliced longwise in thick slices
- 1 each Red &Yellow bell peppers cut in half- seeds removed
- Toss all ingredients in Olive oil and SEA Salt immediately to avoid discoloration.
Place on grill or in oven until aladente
- 8-12 leaves of butter or green leaf lettuce
- Slice the mushroom and eggplant in $\frac{1}{4}$ inch strips.

- Spread each lettuce leaf with 1 teaspoon of sundried tomato Pesto (recipe below)
- Place 2-3 strips of each vegetable on lettuce and roll

Sundried Tomato Pesto

Ingredients:

- $\frac{1}{2}$ cup of sun-dried tomatoes packed in oil, drained
- $\frac{3}{4}$ cup toasted walnuts
- 1cup of fresh basil, loosely packed
- 6 ounces of Vegan Parmesan cheese
- $\frac{3}{4}$ cup olive oil
- 6 cloves garlic
- 1 teaspoon freshly ground pepper
- Sea salt

Directions:

- Combine sun-dried tomatoes, walnuts, basil, parmesean, olive oil, garlic, and peppers in a food processor.
- Process until ingredients are thoroughly chopped but not pureed.
- Add salt to taste.
- Cover and Refrigerate or freeze

Quinoa (Healthy Grain)

4-to 6 servings

Ingredients:

- 1cup Quinoa (rinsed in a small strainer)
- 2 cup of water or Vegetarian Vegetable broth
- 1 medium onion diced
- 1 minced garlic clove

Directions:

- Add onion, garlic and liquid in a pot.
- Bring the liquid to a boil, add Quinoa.
- Bring back to a near boil. Cover and simmer for 15-20 minutes. Remove from stove & fluff.

Spicy Green Beans

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound green beans, trimmed
- 1/4 teaspoon salt
- 3 cloves garlic, minced
- 1/4 - 1/2 teaspoon red pepper flakes

Directions:

- Heat oil in frying pan or wok over medium high heat.
- Add trimmed green beans and salt.
- Cook stirring frequently for 3 minutes.
- Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato Fries

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

Directions:

- 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.

White Beans and Sautéed Vegetables

Ingredients:

- 2 cans white beans, drained
- 2 tablespoons olive oil
- 1/2 cup yellow onion, chopped
- 2 cloves garlic, minced
- 1/2 cup celery, finely diced

- 1/2 cup carrot, finely diced
- 1/4 cup virgin olive oil (to drizzle after beans are dished up)
- Salt and pepper to taste

Directions:

- Drain the white beans and set aside
- Heat olive oil and then add all the prepared vegetables to the pan and saute until just done.
- Add beans and heat thoroughly.
- Dish up on serving plates, drizzle with extra virgin olive oil.
- Salt to taste.

Yield: 4 servings

Stir Fry Vegetables

Ingredients:

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

Directions:

- Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender.
- Add salt and seasoning.
- Serve alone or over brown rice.

Rice-stuffed Tomatoes

Ingredients:

- 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

Directions:

- 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.

Southwestern Corn and Black Bean ChowderDirections:

- 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 bell 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

Directions:

- 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 SoupIngredients:

- 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

Directions:

- 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 both 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).

Brown Rice Recipe

Ingredients:

- 3 cups Uncle Ben's Brown Rice
- 6 cups of Water
- 2 tablespoon Olive oil
- 1 Tsp. ground Thyme
- $\frac{1}{2}$ Tsp. Ground Turmeric (McCormick- this is an Indian spice)
- $\frac{1}{2}$ cup diced onion
- 1 Tbs. Chopped Garlic
- Kosher Salt or Sea Salt (be very careful that use it sparingly; it has a wonderful flavor but it is a little strong)
- $\frac{1}{2}$ tsp. Ground Black Pepper

Directions:

- 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 $\frac{1}{4}$ cup of water and place in the oven for an additional 15 minutes

Spanish Rice

Ingredients:

- 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

Directions:

- 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.

Lentil Soup

Ingredients:

- 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
- 1 (14 1/2-ounce) can diced tomatoes
- 1 pound lentils (approximately 1 1/4 cups)
- 2/3 cup pearl barley
- 11 cups vegetable broth (can substitute water)
- 4 to 6 fresh thyme sprigs

Directions:

- Heat the oil in a heavy large pot over medium heat.
- Add the onion, carrots, and celery. Add the garlic and salt and saute 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 to taste.

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

Rosemary/Italian Dressing

Ingredients:

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

Directions:

- Mix or whisk before serving

Simple Orange & Red Onion Salad

Ingredients:

- 25 cups torn romaine
- 12-1/2 cups medium navel oranges, peeled and sectioned
- 6-1/4 small red onion, sliced and separated into rings
- 1-1/2 cups and 1 tablespoon olive oil
- 1 cup and 3 tablespoons red wine vinegar
- 2 tablespoons and 1/4 teaspoon sugar
- 1-1/2 teaspoons salt
- 3/4 teaspoon pepper

Directions:

- On a serving platter, arrange the romaine, oranges and onion.
- In a jar with a tight-fitting lid, combine the remaining ingredients; shake well.
- Drizzle over salad; serve immediately.

Tossed Salad

Ingredients:

- 3 heads iceberg lettuce, shredded
- 2 pounds fresh spinach - chopped, washed and dried
- 8-1/4 tomatoes, seeded and chopped
- 12-1/2 green onions, chopped
- 4 carrots grated or sliced

Directions:

- In a large salad bowl, combine all ingredients.

Apple Tossed Salad

Ingredients:

- 25 cups torn mixed salad greens
- 2-1/2 cups chopped red apple
- 3-2/3 cups chopped walnuts, toasted

Directions:

- In a large salad bowl, combine the greens, apple, and walnuts.

Something Different Fruit Salad

Ingredients:

- 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

Directions:

- 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.