

The background of the cover is a top-down view of several white ceramic bowls filled with different types of nuts and fruits. Clockwise from the top left, there is a bowl of flaxseeds, a bowl of green mung beans, a bowl of almonds, a bowl of blueberries, and a bowl of pomegranate seeds. Some of these items are also scattered on the dark grey surface around the bowls. A teal banner is overlaid across the top and bottom of the image, containing the title and a source note.

ENOUGH GLOBAL

Daniel Fast Cookbook

The recipes in this booklet were kindly supplied by LifeLinks International Fellowship, Canada.

BREAKFAST

ALL-FRUIT SMOOTHIES

- 1 Cup unsweetened Pineapple Juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries

G'OATMEAL

- 3 cups rolled oats
- 2 cups Irish steel-cut oats
- 5 ripe bananas, mashed
- ½ cup ground flax seeds
- 1.2 cup water
- ¼ cup peanut butter
- ¼ cup pitted, chopped dates
- ¼ cup chopped pecans (optional)
- ¼ cup chia seeds
- 2 Tbsp. coconut oil
- 1 ½ tsps. Vanilla extract
- ½ tsp salt
- 1/3 cup honey (omit for Daniel Fast)

Directions

Preheat oven to 375 degrees F. Line a 9x13 inch casserole dish with parchment paper. Mix rolled oats, steel-cut oats, bananas, flax seeds, water, peanut butter, dates, pecans, chia seeds, coconut oil, vanilla extract, and salt together in a bowl; press into prepared dish. Drizzle honey over mixture. Bake in the preheated oven until set, about 45 minutes. Cool completely before cutting into bars. Wrap bars in plastic wrap and freeze. Let defrost for 15 min before eating or heat in microwave.

**Another option is to bake it in muffin tins. Then wrap the individual muffins in plastic wrap and freeze.

BAKED OATMEAL SQUARES

Ingredients

- 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

Instructions

- 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 lightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

Recipe Notes

You can add both dates and raisins and both pecans and walnuts at 1/4-cup each without increasing any other ingredients.

Spread almond butter or Date Honey on each serving.

This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

Recipe Found at the following URL:

<http://storage.cloversites.com/newlifechristianchurchworldoutreach/documents/23%20Breakfast-Recipes.pdf>

LUNCH

Peanut Butter & Banana Wraps

Whole wheat wrap
100% Natural Peanut Butter
Banana

Spread peanut butter on a whole wheat wrap, cut up banana into small pieces. Fold and enjoy!

Broccoli and Brown Rice Salad

1/2 cup brown rice, cooked
2 cups romaine lettuce, chopped
1 carrot
1 cup broccoli, chopped, frozen
2 teaspoons lemon juice
1 1/2 teaspoons extra virgin olive oil
2 tablespoons soy beans, roasted, salted

Directions

Place lettuce in the bottom of your salad bowl, Peel and grate carrot, set aside.
Steam broccoli in microwave or on stovetop, add to carrot
Blend together lemon juice and olive oil
As soon as rice is cooked, pour lemon juice and olive oil mixture on top, toss to mix
Add the rice to the broccoli and carrots and toss. Place rice mixture over lettuce.
Serve with nuts on the side.

BLACK BEAN & AVACADO SALAD

2 tbsp. lime juice
2 tbsp. olive oil
¼ cup cilantro leaves
1 jalapeno
1 clove of garlic, finely minced
½ tsp salt
Stevia (the equivalent of ¼ tsp of sugar) (omit for the Daniel Fast)
1 can black beans, drained and rinsed
1 ½ cups thinly sliced cucumber (English is best)
½ cup diced red onion
2 avocados, pitted, peeled and diced
Shredded lettuce

Directions

Process lime juice, olive oil, ¼ cup of cilantro, jalapeno, garlic, salt and sugar until smooth. Mix beans, cucumber, onion and cilantro leaves. Toss with dressing and avocado just before serving and service on a bed of shredded lettuce. Typically I find there is not enough cucumber and dressing, so I double the dressing recipe and add more cucumber (closer to 2 cups), and it works out better for two large bowls and can be a meal by itself. I have never really done the shredded lettuce but have just served it in a bowl once mixed.

DINNER

Wild Rice Pilaff

1 - 250g package Wild Rice
2 Tbsp. olive oil
2 celery stalks
1 medium onion
1 clove garlic
½ cup vegetable stock

Directions

Cook the wild rice as per the package instructions.

Sauté the celery, onion and garlic in the olive oil until cooked.
Add the cooked wild rice, vegetable stock and season with poultry seasoning.

Cook until it is all heated through and serve.

BLACK BEAN STUFFED PEPPERS

4 green peppers, halved and seeded
1 cup brown rice, cooked
1 – 14 oz. can of black beans
1 – 14 oz. can of tomatoes with juice
Salt
Pepper

Directions

Cook rice and let cool. Mix rice, beans and 1 tbsp of tomatoes together.
Stuff peppers with the mixture. Pour remaining tomatoes and juice over peppers.
Cook for 35-40 min in oven at 350 degrees.

Vegetarian stuffed peppers

2 large bell peppers
1 teaspoon extra virgin olive oil
2/3 cup vegetarian burger crumbles
1/2 cup brown rice cooked
1/2 cup canned tomatoes, diced, no added salt
1/3 cup yellow corn, frozen
1/2 cup spaghetti or marinara sauce
1/4 teaspoon black pepper
1/4 teaspoon garlic powder

Directions

Preheat oven to 375

Slice top off peppers, clean out seeds and inner membrane. Place on a baking sheet. Heat olive oil in a pan, add the vegetarian meat crumbles and sauté until heated through, add the rice, tomatoes, corn and 3 tablespoons of the marinara or spaghetti sauce.

Stuff the crumble mixture equally into the peppers and top with remaining spaghetti sauce. Cook in oven until pepper is tender about 30 minutes.

Jen's Oven Roasted Veggies

2 onions (Chopped large)
1 Green pepper (chopped large)
1 Orange/Red pepper (chopped large)
1lb baby potatoes, whole
½ Head of cauliflower (large chunks)
2 Parsnips (chopped in 1" chunks)
2 Carrots (chopped in 1" chunks)
1tbsp vegetable oil
Seasoning salt

Toss all veggies in a small roasting pan with oil and salt. Roast on 375 for 45 minutes. Enjoy.

QUINOA AND BLACK BEAN SALAD

1 tsp vegetable oil
1 onion, chopped
3 cloves garlic, chopped
¾ cup quinoa
1 ½ cups vegetable broth
1 tsp ground cumin
¼ tsp cayenne pepper
Salt and ground black pepper to taste
1 cup frozen corn kernels
2 (15 oz.) cans black beans, drained and rinsed
½ cup chopped fresh cilantro

Directions

Heat oil in a saucepan over medium heat; cook and stir onion and garlic until lightly browned, about 10 min.

Mix quinoa into onion mixture and cover with vegetable broth; season with cumin, cayenne pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat, and simmer until quinoa is tender and broth is absorbed, about 20 min.

Stir frozen corn into the saucepan, and continue to simmer until heated through, about 45 minutes, mix in the black beans and cilantro.

ETHIOPIAN CABBAGE DISH

½ cup olive oil
4 carrots
1 onion, thinly sliced
½ tsp ground black pepper
½ tsp ground cumin
¼ tsp ground turmeric
½ head cabbage, shredded
5 potatoes, peeled and cut into 1" cubes

Heat the oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 min. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15-20 min. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft. 20 to 30 min.

ADDICTIVE SWEET POTATO BURRITOS

1 tbsp. vegetable oil
1 onion, chopped
4 cloves garlic, minced
6 cups canned kidney beans, drained
3 tbsp. chili powder
4 tsp prepared mustard
2 tsp ground cumin
1 pinch of cayenne pepper, or to taste
3 tbsp. soy sauce
4 cups mashed cooked sweet potatoes
12 (10") whole wheat tortillas, warmed
8 ounces cheese (1/2 cup macadamia nuts, put through food processor till the consistency of parmesan cheese)

Directions

Preheat oven to 350 degrees F

Heat oil in a medium skillet and sauté onion until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper. Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet. Bake in preheated oven until warmed through, about 12 minutes.

FLATBREAD PIZZA WITH MACADAMIA NUT CHEESE

2 ½ cup whole wheat flour
2 tbsp. flax seed meal
1 tsp salt
1 cup warm water
1 cup Spinach Artichoke Dip
1 cup classic tomato sauce

Topping ideas: Green peppers, olives, and or roasted red bell peppers

Mix flour, flaxseed meal, salt, and water in a food processor until dough forms a ball. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, and cover tightly with plastic wrap. Let dough rest at least 30 minutes.

Preheat oven to 450 degrees Rub a little flour on a rolling pin, and roll dough out onto a preheated pizza stone or an oiled pizza pan into a 12" or 14" circle (depending upon the thickness of crust you prefer). If dough is too sticky to roll, put some flour on your fingertips and press dough to edges. With a fork, poke holes all across crust dough. Bake 10 minutes, and remove from oven.

Spread Spinach Artichoke dip across crust, and top with classic tomato sauce. Add desired toppings. Bake 20 minutes or until edges of crust are brown and slightly crispy. Remove from oven, and let sit 5 minutes before slicing and serving.

½ cup raw macadamia nuts

Place ½ cup of macadamia nuts in a food processor until finely ground like grated Parmesan cheese. Sprinkle on top of cooked pizza.
(You can substitute lightly salted cashews for macadamia nuts)

Vegetarian Vegetable Chili Recipe

1 onion, chopped
2 tbsp. vegetable oil
3 zucchini, sliced
2 bell peppers, any colour
3 celery stalks, sliced
1 cup broccoli, chopped
3 carrots, sliced
1 28 oz. can kidney beans
1 14 oz. can diced tomatoes
2 cups tomato paste
½ water
4 tsp. chili powder
1 ½ tsp cumin
½ tsp garlic powder
½ tsp salt
½ tsp pepper

Directions

In a large pot, sauté the onion in vegetable oil until the onions are soft, about 3 to 5 min. Add the vegetables and the beans. Cover and cook over medium heat for 8 to 10 min, stirring frequently. Add the remaining ingredients. Stir and bring to a slow simmer. Cover and allow to cook at least 30 min or until vegetables are done cooking.

Vegetarian Chili

Recipe courtesy of Emeril Lagasse

Total Time: 55 min

Prep: 25 min

Cook: 30 min

Ingredients

- 2 tablespoons canola oil
- 1 1/2 cups chopped yellow onions
- 1 cup chopped red bell peppers
- 2 tablespoons minced garlic
- 2 to 3 Serrano peppers, stemmed, seeded, and minced (caution - wear gloves)
- 1 medium zucchini, stem ends trimmed and cut into small dice
- 2 cups fresh corn kernels (about 3 ears)
- 1 1/2 pounds Portobello mushrooms (about 5 large), stemmed, wiped clean and cubed
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 1/4 teaspoons salt
- 1/4 teaspoon cayenne
- 4 large tomatoes, peeled, seeded and chopped
- 3 cups cooked black beans, or canned beans, rinsed and drained
- 1 (15-ounce) can tomato sauce
- 1 cup vegetable stock, or water
- 1/4 cup chopped fresh cilantro leaves
- Cooked brown rice, accompaniment
- Sour cream or strained plain yogurt, garnish (cannot add if on strict Daniel Fast)
- Diced avocado, garnish
- Essence, recipe follows, garnish
- Chopped green onions, garnish

Emeril's ESSENCE Creole Seasoning (also referred to as Bayou Blast):

- 2 1/2 tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried oregano
- 1 tablespoon dried thyme

Yield: 2/3 cup

Directions

- In a large, heavy pot, heat the oil over medium-high heat.
- Add the onions, bell peppers, garlic, and Serrano peppers, and cook, stirring, until soft, about 3 minutes.
- Add the zucchini, corn, and mushrooms, and cook, stirring, until soft and the vegetables give off their liquid and start to brown around the edges, about 6 minutes.
- Add the chili powder, cumin, salt and cayenne, and cook, stirring, until fragrant, about 30 seconds.
- Add the tomatoes and stir well.
- Add the beans, tomato sauce, and vegetable stock, stir well, and bring to a boil.
- Reduce the heat to medium-low and simmer, stirring occasionally, for about 20 minutes.
- Remove from the heat and stir in the cilantro. Adjust the seasoning, to taste.

To serve, place 1/4 cup of brown rice in the bottom of each bowl. Ladle the chili into the bowls over the rice. Top each serving with a dollop of sour cream (cannot use dairy on strict Daniel Fast) and spoonful of avocado. Sprinkle with Essence and green onions and serve.

Per Serving (based on 6 servings): Calories: 311; Fat: 7g (Saturated Fat: 0.5g); Protein: 13g; Carbohydrates: 51g; Sugar: 15g; Fiber 12g; Cholesterol: 0mg; Sodium: 1,040mg

Recipe from "New New Orleans Cooking", by Emeril Lagasse and Jessie Tirsch

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STIR FRY VEGETABLES WITH BROWN RICE

1 tbsp. sesame oil
3 green onions
3 tbsp. fresh ginger, minced
4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots, peeled and sliced on the diagonal
2 cloves garlic, minced
4 cups greens, chopped (kale, bok choy, spinach, collards)
1 can sliced water chestnuts, drained
3 cups cooked brown rice
2 tbsp. soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 min.

Add green onions and ginger. Sauté for 5 min.

Add broccoli, green beans, carrots and garlic. Stir fry for 8-10 min.

Add greens and toss for about 2 minutes or until greens are wilted.

Stir in water chestnuts, brown rice, soy sauce, peas and almonds.

**I leave out the water chestnuts because we don't like them. Still tastes very good.

BEAN AND RICE CASSEROLE

1 medium onion, chopped
2 cups uncooked brown rice
1 15 oz. can red kidney beans, drained and rinsed
1 15 oz. can garbanzo beans (chic peas) drained and rinsed
1 15 oz. can stewed tomatoes, drained
1 4 oz. can mild chopped chilies, drained
10 oz. frozen green peas, thawed by placing under running water
1 cup frozen corn, thawed by placing under running water

Directions

In a 5 qt. Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
Add rice; cook while stirring until parched and slightly opaque.
Add beans, tomatoes, chilies and 3 ½ cups of water to rice and onion in Dutch oven and bring mixture to boil.
Cover tightly place in oven, baking until rice is tender and liquid is absorbed. (Around 1 hour for brown rice)
Add peas and corn, adjust seasoning, and return to oven until heated through.

BEAN AND RICE CURRY

2 tbsp. olive oil
1 large white onion, chopped
½ cup dry lentils
2 cloves garlic, minced
3 tbsp. curry powder
1 tsp ground cumin
1 pinch cayenne pepper
1 can crushed tomatoes (28 oz.)
1 can garbanzo beans drained & rinsed (15 oz.) (Chic peas)
½ cup raisins
Salt and pepper to taste
8 cups cooked brown rice

Prepare the brown rice according to pkg directions so you have enough for 8 servings.
Heat the oil in a large pot over medium heat, and cook the onion until tender.
Mix in the lentils and garlic, and season with curry powder, cumin and cayenne pepper.
Cook and stir 2 minutes.
Stir in the tomatoes, garbanzo beans, kidney beans, and raisings. Season with salt and pepper.
Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Zucchini Pasta

Pasta

2 medium zucchini

Sauce

1/2 cup water

1 Tbsp. **raw honey** (not pasteurized)

2 Roma tomatoes

2 sun dried tomatoes

1 red bell pepper

1/3 cup fresh basil

3 Tbsp. extra virgin olive oil

1tsp kosher or sea salt

Topping

1/2 cup Kalamata Olives pitted and chopped

1/2 cup diced Roma tomatoes

1/2 cup finely chopped broccoli or red bell pepper

4 Tbsp. grated parmesan cheese (omit for Daniel Fast or substitute with the ground macadamia nut cheese)

Directions

Thinly slice zucchini into long julienne strips to form thin "noodles". Put noodles in a large bowl then set aside.

Combine all sauce ingredients in a blender. (Liquid first for easier blend) and blend on high until smooth.

Pour sauce over the noodles and toss well until evenly coated. Top each serving with even portions of the toppings and enjoy immediately.

(This recipe is from the Daniel Fast cookbook)

GREEK VEGETABLE STEW

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

Directions

Lightly brown onions in a hot dry skillet in 2 tbsp. oil
Add oregano and garlic, cook 1 minute.
Add 4 cups water and tomatoes. Cook 10 minutes
Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
Serve with a lemon slice in each bowl.

HEARTY MEATLESS CHILI

1 small onion, chopped
1 large green bell pepper, chopped
¾ cup water
3 garlic cloves, finely chopped
2 (14 ½ oz.) cans diced tomatoes, undrained
1 ½ cups water
¼ cup tomato paste
2 vegetarian vegetable flavour bouillon cubes
1 tsp. chopped fresh cilantro
1 tbsp. chili powder
½ tsp cumin
2 (15 oz.) cans kidney beans, rinsed and drained

Directions

Combine onion, bell pepper, celery, water and garlic in a large saucepan. Cook over medium high heat, stirring occasionally, for 6 to 8 minutes or until vegetables are tender.

Add tomatoes and juice, water, tomato paste, bouillon, cilantro, chili powder and cumin; stir well. Stir in beans. Bring to a boil; cover. Reduce heat to low; cook, stirring occasionally, for 45 minutes.

**If you are organized and proactive for the fast, this can be frozen. It will keep in an airtight container for up to 2 months.

Grilled Portobello Steaks with Sun-Dried Tomato Tofu

4 Portobello mushroom caps

Marinade

- ¼ cup extra-virgin olive oil
- ¼ cup unsweetened pineapple juice or orange juice
- ¼ cup Bragg's Liquid Aminos or soy sauce (**Note: Sobey's had this in the Organic Food isle.**)
- 2 tablespoons chopped green onions (green parts only, or can use all parts, your preference)
- 1 clove garlic, minced
- ½ teaspoon dried crushed rosemary

Sun-Dried Tomato Tofu

- 8 ounces extra-firm tofu, cut into ½-inch rectangular slices (2 ounces each)
- 1 tablespoon extra-virgin olive oil
- ¼ cup chopped sun-dried tomatoes, packed in oil, drained
- ¼ cup sliced black olives
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 1/8 teaspoon garlic powder

Directions

- Place mushrooms in a glass dish with gills up. Whisk together marinade ingredients in a small bowl, and pour over caps. **Marinate at room temperature 30 minutes.**
- While mushrooms marinate, prepare Sun-Dried Tomato Tofu. Place tofu slices in an 8 x 8-inch baking dish, and drizzle with olive oil. Top with sun-dried tomatoes and olives. Add basil leaves, parsley, and garlic powder. **Let sit at room temperature 30 minutes.**
- Preheat oven to broil setting while tofu marinates. Put tofu in the oven and broil for 5-7 minutes.
- To serve, place grilled mushroom caps on a plate, top with tofu slices, and drizzle a tablespoon or two of the rosemary marinade over all.

SOUPS

BLACK BEAN MINISTRONE

1 tbsp. extra virgin olive oil
½ cup chopped onions
1 cup chopped carrots
2 stalks celery, sliced
2 cloves garlic, minced
4 cups water or vegetable broth
1 (15 oz.) can black beans, rinsed and drained
1 cup fresh or frozen green beans cut into 1" pieces
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped fresh spinach or ½ cup frozen spinach, thawed
2 tbsp. chopped fresh basil or 1 ½ tsp dried basil
2 tbsp. chopped fresh parsley or 1 ½ tsp dried parsley
½ tsp salt
1/8 tsp pepper

Directions

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

ROASTED CALUIFLOWER SOUP

1 large head cauliflower
4 tbsp. olive oil
1 tsp. sea salt
1 large onion, diced
4 cups water or vegetable stock

Directions

Place whole head of cauliflower in a 9x13" baking dish.
Rub cauliflower with 2 tbsp. olive oil and sprinkle with salt.
Add ½ cup water to the dish.
Bake uncovered at 350 degrees for 1 ½ hours or until a knife cuts easily through the core.
Remove cauliflower from oven and allow to cool.
Coarsely chop and set aside.
Heat remaining 2 tbsp. olive oil in a large saucepan over medium heat.
Add onion and cook until soft and translucent, about 15 min.
Add cauliflower and 4 cups of stock or water.
Simmer until cauliflower is very soft, about 10 minutes.
In a food processor or a blender, pour very small batches and puree until smooth.
Transfer back to pot and bring to a simmer.
Serve.

LENTIL SOUP

1 onion, chopped
¼ cup olive oil
2 carrots, diced
2 celery stalks, chopped
2 cloves garlic, minced
1 tsp dried oregano
1 bay leaf
1 tsp. dried basil
1 (14.5 oz.) can crushed tomatoes
2 cups dry lentils
8 cups water
½ cup spinach, rinsed and thinly sliced
2 tbsp. vinegar
Salt & pepper to taste

Directions

In a large soup pot, heat oil over medium heat. Add onions, carrots and celery; cook and stir until onion is tender. Stir in garlic, bay leaf, oregano and basil; cook for 2 minutes.

Stir in lentils and add water and tomatoes. Bring to a boil... Reduce heat, and simmer for at least 1 hour. When ready to serve stir in spinach and cook until it wilts. Stir in vinegar and season to taste with salt and pepper.

GARDEN VEGETABLE SOUP

4 tbsp. olive oil
2 cups chopped leeks, white part only (from approx... 3 medium leeks)
2 tbsp. finely minced garlic
Salt
2 cups carrots, peeled and chopped into rounds
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into $\frac{3}{4}$ inch pieces.
2 quarts vegetable broth
4 cups peeled, seeded and chopped tomatoes
2 ears corn, kernels removed
 $\frac{1}{2}$ tsp fresh black pepper
 $\frac{1}{4}$ cup packed fresh parsley
2 ears corn, kernels removed
 $\frac{1}{2}$ tsp fresh black pepper
 $\frac{1}{4}$ cup packed fresh parsley
1-2 tsp freshly squeezed lemon juice

Directions

Heat the olive oil in a large, heavy bottomed stock pot over medium-low heat. Once hot, add the leeks, garlic and a pinch of salt and sauté till they begin to soften. Approx. 7-8 min.

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

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

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

Remove from heat and add parsley and lemon juice. Season, to taste with salt.

Serve immediately.

RED BEAN SOUP

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

Directions

Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic and bay leaves, and cook stirring for 2 minutes.
Add the beans and cook for 2 minutes.
Add the Special Seasoning and stock, stir well and bring to a boil. Reduce the heat to medium and cook for 1 ½ hours, until beans are tender, stirring occasionally.
Add the salt and parsley cover the pot and cook for 15 minutes. Discard the bay leaves.
Remove 1 cup of beans for the pot and reserve.
With a hand held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans and stir well.
Ladle into soup bowls and top with ¼ cup of rice and 1 tbsp. of green onions.

Special Seasoning

2 ½ tbsp. paprika
2 tbsp. salt
2 tbsp. garlic powder
1 tbsp. black pepper
1 tbsp. onion powder
1 tbsp. cayenne pepper
1 tbsp. dried leaf oregano
1 tbsp. dried thyme

Place all ingredients in a small bowl and whisk. Store in airtight jar.

Lentil Soup

1 cup dried Quinoa
1 ½ cup dried lentils
6 cups vegetable stock
1 Roma tomato
1 onion, sliced
1 cup diced celery
2 cups diced carrots
2 cloves garlic, minced
1 Tbsp. Kosher or sea salt

Cook Quinoa according to instructions and set aside.

Combine lentils, stock, tomato, onion, celery, carrots, garlic, salt and pepper in a stock pot or crockpot.

Stockpot

Bring mixture to a boil and then reduce heat and let simmer covered for approx. 30 min.

Stir the soup every 15 min to prevent lentils from sticking.

Add Quinoa, stir, cover and cook on low for another 15 min.

Crockpot

Place ingredient in crockpot and cook on low for 4-6 hours. When ready to enjoy, place the quinoa into the pot and cook on low for another 15 minutes.

Garnish with parsley and pepper

BREAD SUBSTITUTES

Chapattis or Indian Flat Bread

2 ½ cups of fine whole wheat flour
2 cups water
1 pinch of salt

Mix flour and salt in a large mixing bowl.

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

Knead for 5 minutes, return to the bowl, cover with a wet cloth and refrigerate for an hour.

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

Roll out ½ a handful of dough into a flat round shape and place in a pan, cooking for 1 minute on each side.

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

Repeat until all dough is used.

Recipe Notes

You may need to dust the handful's of dough with some whole wheat flour to make them manageable if using a rolling pin.

Recommend wiping out skillet after every few flat breads so that excess flour does not burn on the pan (use a dry paper towel).

Pressing the bread after turning will cause bubbles to form in the bread, which is good; do not overcook.

Homemade Crackers

1 ¼ cups whole wheat flour, divided

½ tsp salt

2 tbsp. canola oil or olive oil; more as needed

4 tbsp. water; add more as needed

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

Directions

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

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

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

Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet)

Bake for 10-15 minutes, until lightly brown.

Cool & break into pieces.

OTHER

Bruschetta Extraordinaire

- 8 or 10 ripe tomatoes (about 1 1/2 lbs)
- 2 head of garlic, finely minced
- ¼ Cup extra virgin olive oil
- 6-8 fresh basil leaves, thinly sliced* or chopped
- 1 teaspoon kosher salt, or pink sea salt more or less to taste
- Hot peppers (dried).Vietnamese or JahloPena's (your choice) pounded into a powder with a mortar and pestle. **Please Note:** Avoid breathing in the pepper particles that will resonate from the grinding action.
- 1 baguette French bread or similar Italian bread

**To thinly slice basil leaves, stack the leaves on top of each other and roll up like a cigar. Then make thin slices from one end of the basil cigar to the other.*

Finely chop the garlic and toss into mixing bowl along with extra virgin olive oil and let the garlic marinate for a spell.

Chop tomatoes into teenie-tiny cubes and toss into mixing bowl.

Finely chop basil and toss into bowl.

Pound out the dried hot peppers of choice and toss into bowl.

Lightly roll all ingredients together and let sit for (5) minutes.

Grind in sea salt of choice (322 varieties to choose from) and put enough sea salt to taste.

Seal the bowl with plastic wrap and put in fridge for ½ hour to 1 hour.

Take the baguette and slice into thin slices and on a baking sheet heat in the oven at 350F for 10 minutes or until golden brown.

Pop the bowl of goodness from the fridge and liberally spread the Bruschetta on those toastie baguettes and ENJOY!

Fatteh Hommus

Soak chickpeas overnight in a bowl of water OR use (4) 19-oz. (540 ml) cans...

Blend with 1 head of garlic (hand blender) till a puree texture.

Add 1/4 cup extra virgin olive oil

2 tablespoons of real lemon or squeezed lemon

Basil or cilantro (your choice)

Hot peppers (crushed up) or pepper (your choice)

Sea Salt to taste

Garnish: tahini on the side

Whole wheat Baguette thinly sliced and toasted.

Spread on baguette and add whatever you want on top (pickles, etc.)

HUMMUS

Ingredients

- 1 clove garlic
- 1 (16 ounce) can chick-pea (Garbanzo) beans, drained (reserve liquid) and rinsed
- 2 tablespoons fresh lemon juice
- 2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Instructions

- Crush garlic clove and place in food processor.
- Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.
- Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
- Serve with rice crackers, flat bread or sliced vegetables.

Recipe Notes

Can also use Black Beans in place of Chick-Peas (Garbanzo Beans). It makes the Hummus a purplish colour, but is still very tasty.

You can also add a little more cayenne pepper if you like some extra heat.

Coconut Curry Dipping Sauce

(For spring rolls or stir fry)

½ cup coconut milk
1 tsp **raw honey** (not pasteurized)
1 tsp toasted sesame oil
1 tsp minced fresh cilantro
½ tsp lime juice
½ tsp rice wine vinegar
¼ to ½ tsp curry powder
1/8 tsp cinnamon
1/8 tsp turmeric
Kosher or sea salt
Black pepper

Whisk ingredients together and store in an air tight container.

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