

21 Day Daniel Fast

*Sanctify ye a fast, call a solemn assembly, gather the elders [and] all the inhabitants of the land [into] the house of the LORD your God, and cry unto the LORD.
Joel 1:14*

FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

All fruits: These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

All vegetables: These can be fresh, frozen, dried, juiced, or canned. Vegetable include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushroom, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

All whole grains: Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds: Including but not limited to sunflower seeds, cashews, peanuts, sesame, also nut butters including peanut butter.

All legumes: These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

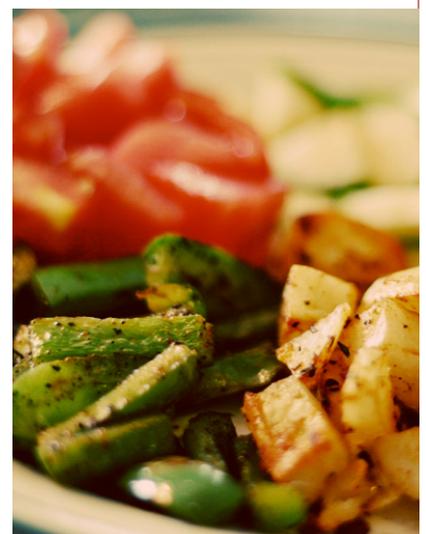
All quality oils: Including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters. Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

FOODS TO AVOID DURING THE DANIEL FAST

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish. All dairy products including but not limited to milk, cheese, butter, and eggs. All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice. All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods. All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives. All deep fried foods including but not limited to potato chips, French fries, corn chips. All solid fats including shortening, margarine, lard and foods high in fat. Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, **READ THE LABELS!**



DANIEL FAST RECIPES

Note: Some of the recipes call for tomato sauce or tomato paste. Rao's and/or Mario Batali (Marinara and Tomato Basil sauces) at Wal-Mart are two brands that contain no sugar, artificial flavors, preservatives, or artificial colors.

Some of the recipes [here] call for canned vegetables, peas, beans or corn. Aside from fresh vegetables, consider substituting frozen vegetables, peas, beans, or corn which contain no sugar, artificial flavors, preservatives or artificial colors. Pic Sweet frozen vegetables at Wal-Mart is one such brand.

By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals than canned vegetables because they are frozen so soon after harvesting.

Bean and Rice Casserole

Recipe Submitted by: Marie Wilson

Serves: 4

Complexity: easy

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 ¼ - 19 oz), drained and rinsed
- 1 can black beans (15 ¼ - 19 oz), drained and rinsed
- 1 cup stewed tomatoes (14 ½ - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Directions

1. Preheat oven to 375.
2. 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.
3. Add rice; cook while stirring until parched and slightly opaque.
4. Add beans, tomatoes, chilies and 3 ½ cups of water to rice and onion in Dutch oven and bring mixture to boil.
5. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
6. Add peas and corn, adjust seasonings, and return to oven until heated through.

Stir Fry Vegetables with Brown Rice

Recipe Submitted by: Marie Wilson

Serves: 4

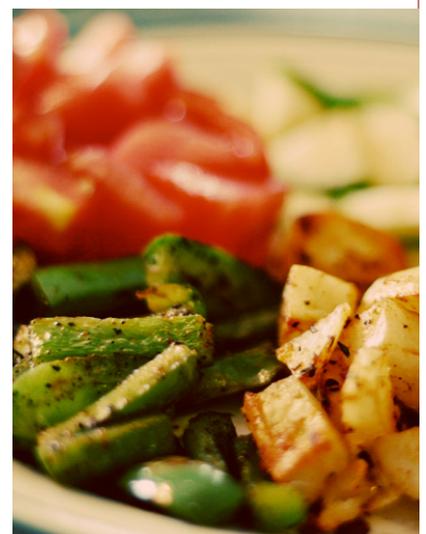
Complexity: easy

Ingredients

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 3 tablespoons fresh ginger, minced

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(Stir Fry Vegetables recipe cont.)

4 cups fresh broccoli, chopped
½ pound fresh green beans, chopped
2 carrots peeled and sliced on diagonal
2 cloves garlic, minced
4 cups greens, chopped (kale, spinach, collards, etc.)
1 sliced water chestnuts, drained
3 cups of cooked brown rice
2 tablespoons soy sauce
1 ½ cups peas (if frozen run under water to thaw)
½ cup toasted sliced almonds

Directions

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Garden Vegetable Soup

Recipe Submitted by: Marie Wilson

Serves: 6

Complexity: easy

Ingredients

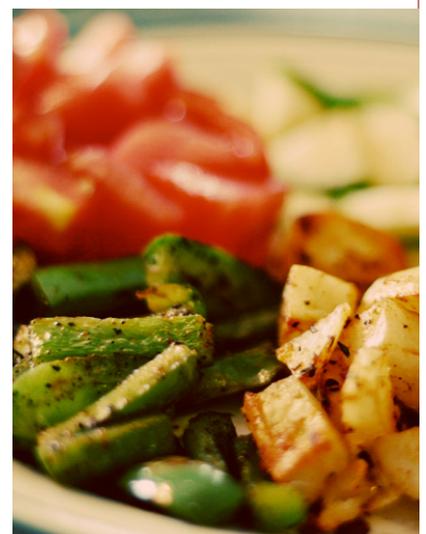
4 tablespoons olive oil
2 cups chopped leeks, white part only (from approximately 3 medium leeks)
Salt
2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into ¾ - inch pieces
2 quarts vegetable broth (or water)
4 cups peeled, seeded, and chopped tomatoes
2 ears corn, kernels removed
½ teaspoon freshly ground black pepper
¼ cup packed, chopped fresh parsley leaves
1- 2 teaspoons freshly squeezed lemon juice

Directions

1. Heat olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock (or water), increase the heat to high, and bring to a simmer.
4. 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 minutes.

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(Garden Vegetable Soup cont)

5. Remove from heat and add the parsley and lemon juice. Season, to taste with salt. Serve immediately. Tip: If you use water instead of stock, add ¼ cup tomato sauce for coloring and flavor. You can also bake a potato and pour the soup over the potato.

Garden Vegetable Stew

Recipe Submitted by: Marie Wilson

Serves: 8

Complexity: medium

Ingredients

2 tablespoons olive 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

Directions

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

Stuffed Bell Peppers

Recipe Submitted by: Marie Wilson

Serves: 4

Complexity: easy

Ingredients

1 ½ cups uncooked rice
3 cups water
4 bell peppers
2 tablespoons olive oil
½ onion
1 stick celery
1 carrot
1 zucchini and/or mushrooms

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(Stuffed Bell Peppers recipe cont)

12 ounces chopped tomatoes
4 cups pasta sauce
2 garlic cloves
1 teaspoon dry basil
1 teaspoon dry oregano
1 teaspoon dried bay leaf
½ teaspoon salt
½ teaspoon pepper
1 tablespoon pesto sauce

Directions

1. Start by cooking the rice with water, and set that aside.
2. Scoop out the insides of the peppers. Place the peppers into a baking pan or dish that has been treated with olive oil.
3. Chop the ½ of onion, celery, carrot and zucchini and/or mushrooms. Add to your pan with oil on low heat.
4. Sauté the veggies till they're at a soft stage.
5. Add tomatoes, 2 cups tomato sauce, and garlic
6. Turn heat up to medium and mix everything together.
7. Add basil, oregano, bay leaf, pesto, salt and pepper. Stir until the veggies and tomatoes are soft.
8. Add cooked rice to the pan. Mix everything together.
9. Preheat oven to 375 degree. Spoon the rice mixture into each of the pepper halves, make them nice and full.
10. Pour remaining sauce over all the peppers. Bake for 30 minutes.

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