

# Daniel Fast Recipes

## TACO SOUP

MAKES SERVINGS - 8

### INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 1/2 cup diced onion
- 2 cups Vegetable Broth
- 1 14.5 ounce can diced tomatoes
- 1 15-ounce can black beans
- 1 15-ounce can pinto beans
- 1 15-ounce can corn
- 3 tble
- 1 tablespoon Taco Seasoning/ or 1/2 tsp cumin, 1 tsp garlic powder, 1 tsp onion powder, 1 tsp paprika, 1 tsp cayenne
- 1 teaspoon salt
- 1/8 teaspoon pepper

### INSTRUCTIONS

- Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent. Add broth, tomatoes, black beans, pinto beans, corn, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat, and cook 30 minutes.
- Yield: 8 servings (serving size: about 1 cup)

### NOTES

- Use kidney beans instead of black or pinto beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.
- Garnish with:
- Avocado, cilantro, salsa, tortilla chips, etc

## GREEN POWER MOJITO SMOOTHIE

Ingredients

- 3 cups ice cubes, or as desired

- 2 cups baby spinach leaves, or to taste
- 1 (7 ounce) can crushed pineapple
- 1/2 cup water, or to taste
- 1 banana, broken into chunks
- 1 orange, peeled and segmented
- 10 fresh mint leaves, or more to taste
- 1 lemon, juiced
- 1 lime, juiced

#### Directions

Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

### **CRANBERRY-ORANGE SPICED OATMEAL**

#### Ingredients

- 3/4 cup old-fashioned rolled oats
- 1/2 teaspoon ground cinnamon, or to taste
- 1/4 cup dried cranberries
- 1/2 cup frozen blueberries
- 1/4 teaspoon ground turmeric (optional)
- 1 pinch ground ginger (optional)
- 1 cup water
- 1/4 cup orange juice, or as needed

#### Directions

Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in the water, and stir to mix ingredients. Cook on High until water is absorbed, about 2 minutes. Stir in orange juice to desired consistency.

### **COCONUT DATE BARS**

#### Ingredients

- 1/3 cup slivered almonds
- 1/2 cup flaked coconut
- 10 pitted dates, or to taste

- 1/4 cup cashews, or to taste
- 1 teaspoon coconut oil

### Directions

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

## **OATMEAL GO BARS**

### Ingredients

- 3 cups rolled oats
- 2 cups Irish steel-cut oats
- 5 ripe bananas, mashed
- 1/2 cup ground flax seeds
- 1/2 cup water
- 1/4 cup peanut butter
- 1/4 cup pitted, chopped dates (optional)
- 1/4 cup chopped pecans (optional)
- 1/4 cup chia seeds
- 2 tablespoons coconut oil
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1/3 cup honey

### Directions

1. Preheat oven to 375 degrees F (190 degrees C). Line a 9x13-inch casserole dish with parchment paper.
2. 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 the prepared casserole dish. Drizzle honey over mixture.
3. 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 minutes before eating or heat in microwave.

## **ALL-FRUIT SMOOTHIES**

"Quick, easy smoothies made entirely with fruit!"

Ingredients

- 1 cup pineapple juice
- 1 large banana, cut into chunks
- 1 cup frozen strawberries
- 1 cup frozen blueberries

Directions

Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute. Pour into 2 glasses.

## **VEGAN BLACK BEAN QUESADILLAS**

Ingredients

- 1 (15 ounce) can great Northern beans, drained and rinsed
- 3/4 cup diced tomatoes
- 1 clove garlic
- 1/3 cup nutritional yeast
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- salt to taste
- 1 pinch cayenne pepper, or to taste
- 1/2 cup black beans, drained and rinsed
- 1/4 cup diced tomatoes
- 1 tablespoon olive oil, or as needed
- 8 whole grain tortillas
- cooking spray

Directions

1. Blend great Northern beans, 3/4 cup tomatoes, and garlic in a food processor until smooth; add nutritional yeast, cumin, chili powder, salt, and red pepper flakes and blend again.
2. Transfer bean mixture to a bowl. Stir black beans and 1/4 cup tomatoes into bean mixture.
3. Heat olive oil in a skillet over medium-high heat.
4. Place a tortilla in the hot oil. Spread about 1/4 cup filling onto the tortilla.

5. Place another tortilla on top of filling; cook until filling is warmed, about 10 minutes.
6. Spray the top tortilla with cooking spray and flip quesadilla to cook the second side until lightly browned, 3 to 5 minutes. Repeat with remaining tortillas and filling.

## **ROASTED CHICKPEAS**

### Ingredients

- 1 (12 ounce) can chickpeas (garbanzo beans), drained
- 2 tablespoons olive oil
- salt (optional)
- garlic salt (optional)
- cayenne pepper (optional)

### Directions

1. Preheat oven to 450 degrees F (230 degrees C).
2. Blot chickpeas with a paper towel to dry them. In a bowl, toss chickpeas with olive oil, and season to taste with salt, garlic salt, and cayenne pepper, if using. Spread on a baking sheet, and bake for 30 to 40 minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.

## **CILANTRO EDAMAME HUMMUS**

### Ingredients

- 1 (12 ounce) package frozen shelled edamame (green soybeans)
- 2 cloves garlic
- 1/2 cup tahini
- 1/2 cup water
- 1/2 cup packed cilantro leaves
- 1/4 cup lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon kosher salt
- 3/4 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper

### Directions

1. Place edamame into a large pot and cover with salted water. Place over medium-low heat, bring to a simmer, and cook until tender, about 5 minutes; drain.
2. Puree garlic in food processor until minced. Add edamame, tahini, water, cilantro, lemon juice, olive oil, kosher salt, cumin, and cayenne pepper; blend until smooth.

## **ROASTED CAULIFLOWER SOUP**

### Ingredients

- 2 heads cauliflower, broken into florets
- olive oil cooking spray
- 1/4 cup olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 6 cups water
- salt and ground black pepper to taste

### Directions

1. Place the cauliflower florets into a large bowl of lightly salted water; allow to stand for 20 minutes. Drain well, and arrange on a sheet of heavy aluminum foil on a baking sheet. Spray the olive oil cooking spray evenly on the cauliflower.
2. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
3. Broil the cauliflower until browned, 20 to 30 minutes.
4. Meanwhile, heat olive oil in a large soup pot, and cook the onion until translucent, about 5 minutes; stir in the garlic and roasted cauliflower. Pour in the water, season with salt and black pepper, and simmer until all the vegetables are tender, about 30 minutes. Blend the soup in the pot with an immersion hand blender until creamy and smooth.

## **HEARTY VEGAN SLOW-COOKER CHILI**

"Makes 10-15 servings.

### Ingredients

- 1 tablespoon olive oil
- 1 green bell pepper, chopped

- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 onions, chopped
- 4 cloves garlic, minced
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 1 cup frozen corn kernels, thawed
- 1 zucchini, chopped
- 1 yellow squash, chopped
- 6 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 (14.5 ounce) cans diced tomatoes with juice
- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 2 (6 ounce) cans tomato paste
- 1 (8 ounce) can tomato sauce, or more if needed
- 1 cup vegetable broth, or more if needed

## Directions

1. Heat olive oil in a large skillet over medium heat, and cook the green, red, and yellow bell peppers, onions, and garlic until the onions start to brown, 8 to 10 minutes. Place the mixture into a slow cooker. Stir in spinach, corn, zucchini, yellow squash, chili powder, cumin, oregano, parsley, salt, black pepper, tomatoes, black beans, garbanzo beans, kidney beans, and tomato paste until thoroughly mixed. Pour the tomato sauce and vegetable broth over the ingredients.
2. Set the cooker on Low, and cook until all vegetables are tender, 4 to 5 hours. Check seasoning; if chili is too thick, add more tomato sauce and vegetable broth to desired thickness. Cook an additional 1 to 2 hours to blend the flavors.

## **SWEET POTATO BURRITOS**

### Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped

- 4 cloves garlic, minced
- 6 cups canned kidney beans, drained
- 2 cups water
- 3 tablespoons chili powder
- 4 teaspoons prepared mustard
- 2 teaspoons ground cumin
- 1 pinch cayenne pepper, or to taste
- 3 tablespoons soy sauce
- 4 cups mashed cooked sweet potatoes
- 12 (10 inch) flour tortillas, warmed
- 8 ounces shredded Cheddar cheese

### Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Heat oil in a medium skillet and saute onion and garlic 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.
3. 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.
4. Bake in the preheated oven until warmed through, about 12 minutes.

## **VEGAN BEAN TACO FILLING**

### Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 2 (14.5 ounce) cans black beans, rinsed, drained, and mashed
- 2 tablespoons yellow cornmeal
- 1 1/2 tablespoons cumin
- 1 teaspoon paprika
- 1 teaspoon cayenne pepper
- 1 teaspoon chili powder
- 1 cup salsa

### Directions



Heat olive oil in a medium skillet over medium heat. Stir in onion, garlic, and bell pepper; cook until tender. Stir in mashed beans. Add the cornmeal. Mix in cumin, paprika, cayenne, chili powder, and salsa. Cover, and cook 5 minutes.

## **SOUTHWEST CORN AND BLACK BEAN SALAD**

Serves 4

### Ingredients

- 1 ½ 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

### Instructions

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving

## **TOFU BREAKFAST SCRAMBLE**

### Ingredients

- 1 box firm tofu
- 1 zucchini, diced small
- 1 tomato, diced
- ½ onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced
- Salt and pepper to taste / Tomato paste if desired

## Instructions

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

## **SNACK IDEAS**

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Air Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Nuts