

# Daniel Fast Recipes



## Rice, Black Beans and Corn

### Ingredients

1 can Organic Black beans drained  
1 can of Organic corn drained  
Organic long grain rice  
Organic corn tortilla  
Salsa  
Avocado

### Instructions

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) really good! serve with sliced avocado's on the side OR finger peppers (they aren't real hot)

## Tabouleh

### Ingredients

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

### Instructions

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

## **Tasty Veggie Wraps**

### **Ingredients**

- 1 package of Broccoli/Carrot Slaw Mix (shredded broccoli, carrots, and purple cabbage)**
- 1 TBSP of olive oil**
- 1 tsp of soy sauce**
- 1/4 tsp ea. of Thyme, Rosemary, and Garlic Powder**
- 4 Whole Grain Wheat wraps**

### **Instructions**

- 1) Place oil in warm skillet**
- 2) Add shredded mixture and sauté**
- 3) Add seasonings**
- 4) Add soy sauce to coat**
- 5) Cook vegetables until they are your desired texture**
- 6) Remove vegetables and place on a reserved plate.**
- 7) Add more oil to skillet if necessary to brown both sides of your whole wheat wraps if desired**
- 8) Place vegetables in each warmed wrap. Eat and Enjoy!!**

## **Golden Carrot Soup**

### **Ingredients**

- 2 tablespoons olive oil**
- 1 large onion, chopped with vidalia fine insert, about 2 cups**
- 3 stalks celery chopped with vidalia fine insert, about 1 cup**
- 1 package 16 oz. bag of fresh sliced carrots, about 4 cups**
- 1 quart vegetable broth, 32 oz carton**
- 1 teaspoon poultry seasoning**
- 1 teaspoon dried basil**
- 2 teaspoons chopped garlic, jar ok**
- 1/2 teaspoon pepper**
- 1 teaspoon salt**

### **Instructions**

**In a large pot put olive oil and sauté onion, celery, carrots, garlic and all the seasonings for about 10 minutes. Then add the vegetable broth. Cover and simmer for about 25 min or until carrots are tender. With a hand held blender, cream the soup. If you do not have an hand held blender, spoon into a regular blender. Blend half at a time. Be careful this is hot stuff. Serves 6.**

## **Black Bean & Brown Rice Stuffed Peppers**

### **Ingredients**

- 1 qt 100% Vegetable or Tomato Juice
- 2 cups cooked black beans
- 1 cup cooked brown rice
- 2 med green onions (chopped)
- ¼ 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. Enjoy!

## **Black Bean soup**

Mix canned black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeño, chopped cilantro.

Combine all ingredients and in pot & simmer for 20 min.

## **Curry Brown rice**

### **Ingredients:**

Minute maid 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

### **Procedure:**

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 each (drained) corn, green beans, potatoes, English peas, carrots.  
Salt and pepper to taste  
2 medium onions diced,  
1 tsp garlic,  
4-5 bay leaves

Add water to pot to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy just be creative.

## **Leek and Potato soup**

1 tsp crushed fennel seeds  
1 tsp ground pepper  
2 cloves garlic  
2 tbsp olive oil  
4 pints vegetable stock (you can use just water as long as everything is seasoned well)  
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 pepper 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, then cover, turn heat down and simmer for 40 mins.

## **Stir Fry Brown Rice w/Vegetables**

1 box of instant brown rice (or bag brown rice)  
Vegetables to stir fry (either fresh or frozen)  
Olive Oil  
Soy Sauce  
Peanuts

Cook your rice according to package (I season my rice as well when I cook).  
Heat Wok on Med.

High heat add 1/4 cup of Olive Oil (more or less) Give a minute for oil to get hot.

Place raw onions in now if you are adding to recipe, also garlic for taste.

Pour the cooked rice into Wok and stir for 4 mins add Soy Sauce to taste.

Pour rice back into container it was cooked in and set aside.

Now add 1/4 cup Olive Oil to hot Wok again.

Then add the vegetables and lots of whatever seasonings you like.

Stir until done add peanuts right before serving.

## **Homemade Cilantro Soup**

Chop 2 bunches fresh Cilantro  
10 carrots chopped and the juice  
of 1/2 squeezed lemon  
15 brussel spouts quartered  
1 large sweet onion chopped  
8 chicken or vegetable bullion cubes with 8 cups water  
4 tsp garlic salt  
1 large can tomato sauce  
10 chopped habanero garlic or a  
chopped jalapeño

Bring almost to a boil and simmer for 1 hour+

## **Herb-Roasted Idaho Potato Fries**

### **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  
1/8 tsp freshly ground black pepper

### **Instructions:**

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.

### **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.

### **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 ingredient in [crock pot](#) for four hours on medium heat.

### **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

## **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.

Enjoy! More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the Un-popped 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  
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)  
our addition: 2 cups of ice cubes - makes it like a frozen ice drink.  
Mix all in a [blender](#), and serve. Serves 2

## **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  
a pinch of pepper to taste  
Stir and replace cover for remainder of cooking time.  
Serve with fresh sliced avocado.

## **Salads and Salad dressing**

### **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(2 tablespoons)

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 ½ teaspoon olive oil

1 tablespoon honey

## **PURPLE MONSTROSITY FRUIT SMOOTHIE**

You can substitute the orange juice with any mix of juices or even soy milk! The soy milk adds more of a milk shake quality than the juice does.

### **Ingredients:**

2 frozen bananas, skins removed and cut in chunks

½ cup frozen blueberries

1 cup orange juice

1 teaspoon vanilla extract (optional)

### **Directions:**

Place bananas, blueberries and juice in a blender, puree.

Use vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

## **MANDEE'S SPRING SMOOTHIE**

### **Ingredients:**

½ ripe cantaloupe  
2 ripe kiwis  
20 fresh strawberries  
3 slices unsweetened pineapples  
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.

## **APPLE CRAZE!**

### **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 the blender. Pour in the lime and lemon juice. Blend until smooth.

## FRUIT FANTASY

### 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

## ISIS' SISSY GROOVY SMOOTHIE

### Ingredients:

1 cup apple juice  
2 bananas, halved  
 $\frac{1}{2}$  to  $\frac{3}{4}$  cup strawberries  
 $\frac{1}{4}$  cup soymilk

### Directions:

Put all ingredients in blender. Blend for 30-40 seconds, or until desired consistency.

## VEGGIE ENERGIZER

### Ingredients:

1 cup cold bottled water  
1 carrot, scrubbed clean and cut into large pieces  
1 stalk celery, cut into large pieces  
½ 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

### Ingredients:

½ cup seedless watermelon, chopped into chunks  
¼ 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!!! *Yummy!!!!*

## EASY SPICED BROWN RICE WITH CORN

### Ingredients:

2 cups water  
1 cup brown rice  
1 tablespoon olive oil  
1 cup frozen corn kernels  
½ teaspoon dried cilantro  
½ 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**

### **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**

### **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.

## **AMAZING BROWN RICE SALAD**

A delicious brown rice salad recipe I concocted myself. Everyone loves it. This dish is great to take to parties as a side dish.

### **Ingredients:**

2 cups water  
1 cup brown rice  
¼ cup diced red onion  
½ cup diced celery  
¼ cup dried cranberries  
½ 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**

### **Ingredients:**

½ cup balsamic vinaigrette salad dressing\*  
¼ teaspoon seasoned pepper  
¼ teaspoon dried cilantro  
1/8 teaspoon ground cayenne pepper  
¼ teaspoon ground cumin  
2 (15 ounce) cans black beans, rinsed and drained  
2 (15 ounce) cans unsalted whole kernel corn, drained  
½ cup chopped onion  
½ cup chopped green onions  
½ 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.

## **BROCCOLI AND GREEN BEANS**

### **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.

## **BULGUR CHICKPEA SALAD**

### Ingredients:

1 cup bulgur  
2 cups boiling water  
½ cup olive oil  
½ cup fresh lemon juice  
Salt and pepper to taste  
1 cup chopped green onions  
1 (15 ounce) can garbanzo beans, drained  
1 cup chopped fresh parsley  
1 cup grated carrots

### Directions:

In a heatproof bowl, pour boiling water over bulgur. Let stand 1 hour at room temperature. In a small bowl, beat together oil, lemon juice, salt, and pepper. Pour over bulgur; and mix with a fork. Place bulgur in the bottom of a nice glass serving bowl. Layer vegetables and garbanzo beans in this order on top of the bulgur: green onions, garbanzo beans, parsley, and carrots on top. Cover, and refrigerate. Toss salad just before serving.

## **ORANGE VINAIGRETTE BROWN RICE SALAD**

### Ingredients:

1½ cups uncooked brown rice  
3 cups water  
2/3 cup orange juice  
2 tablespoons olive oil  
2 tablespoons balsamic vinegar  
2 teaspoons orange zest  
1½ cups spinach leaves, packed  
2 large orange, peeled, sectioned, and cut into bite-size  
1/3 cup slivered red onion

### Directions:

In a large saucepan combine rice and water. Cook over high heat until mixture boils. Reduce heat to low, cover and cook for 45 to 60 minutes or until rice has absorbed all liquid. Meanwhile, in a small bowl whisk the orange juice, oil, balsamic vinegar, orange zest. Pour dressing over hot cooked rice and mix well. Cover and chill until cold. Just before serving stir the spinach leaves, oranges and onion into the rice mixture.

## **KALE AND ADZUKI BEANS**

### **Ingredients:**

1 cup uncooked adzuki beans  
1 tablespoon olive oil  
2 cloves garlic, peeled and crushed  
6 cups roughly chopped kale  
2 tablespoons water  
¼ cup tamari  
1 teaspoon ground cumin  
1 teaspoon ground coriander

### **Directions:**

Place adzuki beans in a medium saucepan with enough water to cover. Bring to a boil, reduce heat, and simmer 30 to 45 minutes, until tender. Heat olive oil in a medium skillet over medium heat, and sauté garlic about 1 minute. Mix in kale and 2 Tablespoons water. Season with tamari, cumin, and coriander. Thoroughly blend in adzuki beans. Reduce heat to low, cover, and simmer about 20 minutes, until kale is tender.

## **PAN FRIED GREEN BEANS**

### **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.

## **PORTUGUESE FAVAS**

### **Ingredients:**

5 tablespoons olive oil  
3 large onions, chopped  
2 cloves garlic, minced  
2 tablespoons red pepper flakes  
¼ cup unsalted tomato sauce  
2 cups hot water  
3 tablespoons chopped fresh parsley  
1/2 teaspoon black pepper  
2 teaspoons paprika  
2 (19 ounce) cans fava beans

### **Directions:**

Heat oil in a large saucepan over medium heat. Sauté onion and garlic until golden brown. Stir in red pepper flakes, tomato sauce, hot water, parsley, pepper and paprika. Bring to a boil, reduce heat and simmer for 30 minutes. Gently stir in fava beans. Remove from heat and let stand for several minutes to allow flavors to meld.

## **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.

### **Ingredients:**

1½ cups broccoli florets  
1½ cups cauliflower florets  
1 green bell pepper, cut into 1-inch pieces  
1 cucumber - peeled, seeded and chopped  
1 carrot, coarsely chopped  
¼ 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.

## **SQUASH STEW**

### **Ingredients:**

3 tablespoons olive oil  
1 large white onion, diced  
1 tablespoon ground cinnamon  
2 tablespoons chili powder  
4 cloves crushed garlic  
1 tablespoon cumin seeds, toasted  
2 tablespoons fresh lemon juice  
4 large tomatoes - peeled, seeded, and coarsely chopped  
1 medium acorn squash, peeled and diced  
1 cup pinto beans, cooked or canned  
1 cup water

### **Directions:**

In a large heavy-bottomed pot, heat olive oil and sauté the onion for a few Minutes. Add the cinnamon and chili powder and continue to sauté for another 2 minutes. Mix in the garlic and cumin seeds, sauté for 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky. Stir the squash, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick texture.

## **LEMON HERB MARINADE**

### **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  
½ cup extra virgin olive oil

NOTE: If dried herbs are used decrease amount by half

## VEGAN CHUNKY CHILI

If you are entertaining mixed palettes, this meal will satisfy all tastes. A from-scratch chili that uses many different vegetables as well as beans, lentils and tofu to provide that 'full' feeling that chili with meat offers. Add fresh parsley and basil to taste, if desired. I prefer to let the chili sit overnight in the refrigerator before serving.

### 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**

### **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.

## **FRESH TASTING BLACK BEANS WITH RICE**

### **Ingredients:**

¾ 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  
1½ 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.

## **DOLMAS (STUFFED GRAPE LEAVES)**

The spices may seem like a strange combination, but this is a wonderful, delicate traditional Turkish dish with a twist. Serve chilled, as is traditional, or warm, as desired. Squeeze fresh lemon juice over dolmas before serving.

### **Ingredients:**

1 tablespoon olive oil  
2 onions, minced  
1½ cups uncooked brown rice  
2 tablespoons unsalted tomato paste  
2 tablespoons dried currants  
2 tablespoons pine nuts  
1 tablespoon ground cinnamon  
1 tablespoon dried mint  
1 tablespoon dried dill weed  
1 teaspoon ground allspice  
1 teaspoon ground cumin  
1 (8 ounce) jar grape leaves, drained and rinsed

### **Directions:**

Heat oil in a medium saucepan over medium heat. Sauté onions until tender. Stir in rice and hot water to cover. Cover and simmer until rice is half cooked, about 20 minutes. Remove from heat and stir in unsalted tomato paste, currants, pine nuts, cinnamon, mint leaves, dill weed, allspice and cumin. Let mixture cool. Prepare a large pot by placing an inverted plate on the bottom; this protects the dolmas from direct heat when steaming. Rinse grape leaves in warm water; drain and cut off any stems. Place about 1 teaspoon of the cooled rice mixture in the center of a leaf. Fold in the sides and then roll into a cigar shape. Place in prepared pot. Repeat with remaining ingredients.

Pour in just enough warm water to reach the bottom of the first layer of dolmas. Cover and simmer over low heat for 30 to 45 minutes, or until rice is totally cooked. Check the water level often and add more as necessary.

## GARBANZO STIR-FRY

### Ingredients:

2 tablespoons olive oil  
1 tablespoon chopped fresh oregano  
1 tablespoon chopped fresh basil  
1 clove garlic, crushed  
Ground black pepper to taste  
1 (15 ounce) can garbanzo beans, drained and rinsed  
1 large zucchini, halved and sliced  
½ cup sliced mushrooms  
1 tablespoon chopped fresh cilantro  
1 tomato, chopped

### Directions:

Heat oil in a large skillet over medium heat. Stir in oregano, basil, garlic, and pepper. Add the garbanzo beans and zucchini, stirring well to coat with oil and herbs. Cook, covered, for 10 minutes, stirring occasionally. Stir in mushrooms and cilantro, and cook until tender, stirring occasionally. Place the chopped tomato on top of the mixture. Cover, and let the tomatoes steam for a few minutes, but don't let them get mushy. Serve immediately.

## ALLSPICE STRING BEANS

### 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.

## INSANELY EASY VEGETARIAN CHILI

### 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, un-drained  
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.

## **AMERICAN-STYLE RED BEANS AND RICE**

### **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.

## **BARLEY AND MUSHROOMS WITH BEANS**

### **Ingredients:**

1 teaspoon olive oil  
3 cups sliced fresh mushrooms  
1 cup chopped onion  
½ cup chopped celery  
2 cloves garlic, minced  
½ cup uncooked barley  
3 cups water  
1 (15.5 ounce) can white beans, drained

### **Directions:**

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Sauté until tender. Mix barley and water into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender. Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.

## BEETROOT HUMMUS

### Ingredients:

8 ounces chickpeas  
1 large onion, chopped  
1-pound beets  
½ cup tahini  
3 cloves garlic, crushed  
¼ cup fresh lemon juice  
1 tablespoon ground cumin  
¼ cup olive oil

### Directions:

In a large bowl, cover chickpeas with cold water and soak overnight. Drain chickpeas and place in a large heavy saucepan add onion, cover with water and bring to a boil over medium heat. Cook for 1 hour, or until chickpeas are very soft. Drain, reserving 1 cup of cooking liquid. Allow to cool. Meanwhile, in a large saucepan cover beets with water and bring to a boil over medium heat. Cook until tender, drain and allow beets to cool before removing the skins and chopping. Puree beets in a food processor; add the chickpeas and onions, tahini, garlic, lemon juice and cumin. Process until smooth. Slowly, while the machine is running, pour in the reserved cooking liquid and olive oil. Continue to process until mixture is thoroughly combined. Drizzle with a little olive oil.

## BRAISED TOFU

### Ingredients:

1 (14 ounce) package firm tofu  
3 teaspoons olive oil, divided  
1 (8 ounce) can water chestnuts, drained  
3 ounces fresh shiitake mushrooms, stems removed  
1½ cups snow peas, trimmed  
1 cup water

### Directions:

Slice tofu block into 3 long slabs lengthwise. Wrap each slab in paper towels, and press to squeeze out excess water. Coat a large skillet with cooking spray, and then add 2teaspoons olive oil. Once the oil is hot, add the tofu slabs to the skillet. Fry for about 5 minutes on each side, or until delicately browned. Remove tofu from skillet, and slice into cubes. Add the remaining teaspoon olive oil to the skillet, and stir fry the water chestnuts, mushrooms and snow peas. Add water to the skillet along with the tofu. Cover, and cook over low heat for about 10 min.