



***SPIRIT LIFE CHURCH
DANIEL FAST RECIPES***



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ENGINE 2 RESCUE



- 1** Engine 2 Morning Blend Grain Medley
Engine 2 Power-Up Bowls
Brown, Black or Red rice
Ezekiel 4:9 Cereal
Old-fashioned Oats
Quinoa
Rip's Big Bowl Cereal
Steel Cut Oats
Sweet Potatoes

- 2** Apples
Bananas
Blackberries
Blueberries
Cherries
Clementines
Grapefruit

- Grapes
Kiwi
Mango
Nectarines
Peaches
Pears
Plums
Raspberries
Strawberries
or any other fruit,
fresh or frozen



1. Start with your foundation
2. Top it off with fruit
3. Add some spark
4. Then hose it down

- 3** Chia seed
Cinnamon
Flax Meal
Hemp Seeds
Nutmeg
Pumpkin Pie Spice
Vanilla Extract
Walnuts

- 4** Engine 2
Unsweetened
Almondmilk
Unsweetened
Oatmilk
Unsweetened
Soymilk

Building a **Rescue Breakfast Bowl**
is as easy as 1-2-3...4!
You've done it thousands of times.
Now you can do it with nutritious glory.

Excerpted from the book
THE ENGINE 2 SEVEN-DAY RESCUE DIET
by Rip Esselstyn. Copyright © 2016 by Rip Esselstyn



For step 1 (your foundation) only use Daniel Fast approved foods such as oatmeal, quinoa, sweet potatoes, or rice*****

ENGINE 2 RESCUE



- 100% whole-grain pasta
- Barley
- Black, brown, or red rice
- E2 whole-grain blends
- Farro
- Frozen oil-free whole grains
- Potatoes
- Polenta
- Potatoes
- Quinoa
- Sweet potatoes
- Wild rice

- Black beans
- Butter beans
- Cannellini beans
- Chickpeas
- E2 Plant-Strong Burgers
- Kidney beans
- Lentils
- Navy beans
- Pinto beans

- 3
- Beets
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Collard greens
- Corn
- Green onions
- Edamame
- Kale
- Mushrooms
- Mustard greens
- Onions
- Peas
- Spinach
- Swiss chard
- Tomatoes
- Water chestnuts
- Zucchini



- 4
- 1/4 avocado
- Balsamic glaze
- Balsamic vinegar
- Barbecue sauce
- Black pepper
- Fresh herbs
- Ginger
- Jalapeños
- Ketchup
- Lime wedge
- Low-sodium tamari
- Mango
- Mustard
- Oil-free hummus
- Oil-free pasta sauce
- Oil-free roasted garlic
- Oil-free salad dressing
- Salsa
- Pico de gallo
- Salt-free spices
- Sriracha

Use any of these combinations and create a customized **Rescue Supper Bowl** for any meal. Winning hearts with every bite.



Barbecue sauce and Ketchup are not permitted on Daniel Fast.

Salad can also be your foundation (step 1 from above)*****

Excerpted from the book *The Engine 2 Seven-Day Rescue Diet* by Rip Esselstyn. Copyright 2016 by Rip Esselstyn

BREAKFAST IDEAS

Perfect Steel Cut Oats (Cookie and Kate)

Submitted: Adam & Vernesa's Tried & Loved

3 cups water
1 cup of plant-based milk
1 cup [steel-cut oats](#) (choose [certified gluten-free oats](#) if necessary)
¼ teaspoon salt

You can also cook rolled/instant oats by following directions on the back of the container. I buy frozen fruit like peaches and cook it with the oatmeal or add sautéed apples with cinnamon. There are so many wonderful ideas online.

In a large saucepan, combine the water and milk. Bring the mixture to a simmer over medium heat. In the meantime, heat a 12-inch skillet over medium heat. Once hot, add the oats and cook, stirring occasionally, until golden and fragrant, around 2 minutes. This toasting step greatly enhances the flavor of the oats.

Stir the oats into the simmering water/milk mixture. Reduce the heat to medium low and simmer gently for about 20 minutes, stirring occasionally, until the mixture is very thick.

Stir in the salt. Continue to simmer the mixture, stirring occasionally and reducing heat as necessary

to prevent scorching on the bottom, until almost all the liquid is absorbed, about 10 minutes. (If you have doubled the recipe, your oatmeal might need an extra 5 minutes cooking time here.) The oatmeal will be very creamy when it's done.

Remove from heat and stir in any mix-ins that you'd like. Let the oatmeal rest for 5 minutes before serving so it has more time to thicken up and cool down a palatable temperature. Ideas for toppings: berries, bananas, nuts, chia seeds, hemp seeds (I like to mash a banana or two and mix that into the oatmeal when it is done. This will make the oatmeal sweet and it doesn't make it taste too much like banana. The riper the banana the less you will taste it mashed up.)

Peanut Butter Overnight Oats (Minimalist Baker)

Submitted: Adam & Vernesa's Tried & Loved

1/2 cup [plant](#) based milk
3/4 Tbsp [chia seeds](#)
2 Tbsp natural peanut butter or almond butter (creamy or crunchy // or sub other nut or seed butter)
1/2 cup rolled oats (rolled oats are best, vs. steel cut or quick cooking).
A few chopped dates or raisins for sweetness

To a mason jar or small bowl with a lid, add milk, chia seeds, peanut butter, dates/raisins and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the almond milk (doing so leaves swirls of peanut butter to enjoy the next day).

Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in almond milk.

Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.

The next day, open and enjoy as is or garnish with desired toppings. OPTIONAL: You can also heat your oats in the microwave for 45-60 seconds (just ensure there's enough room at the top of your jar to allow for expansion and prevent overflow), or transfer oats to a saucepan and heat over medium heat until warmed through. Add more liquid as needed if oats get too thick/dry.

Savory Steel-Cut Oats (Chef Julia)

Submitted: Adam & Vernesa's Tried & Loved

1 1/2 cups water
1/2 cup steel cut oats
1/2 cup sliced cremini mushrooms
Dash of Bragg's liquid aminos
1/4 teaspoon ground turmeric
7 ounces diced tomatoes, fresh or canned, mashed well with a potato masher
Dash of liquid smoke
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1-2 cups baby spinach

Hot sauce such as Sriracha or Yellowbird Sauce
Freshly ground pepper
1/2 cup cooked beans (optional)

Heat a medium saucepan over medium high heat. Add the mushrooms and cook them until they are wilted and browned a little. Add the tomatoes and spices. Cook on low for 2-3 minutes. Add the oats, water, Bragg's liquid aminos. Bring to a boil and reduce to a simmer. Cook for 10-15 minutes, or until the oats are the consistency you prefer. I like them chewy. Add the spinach and turn the heat off. Stir and serve with beans, if desired. This makes a good lunch or dinner too.

Plant Based Sausage (Chef Julia)

Submitted: Adam & Vernesa's Tried & Loved

3 1/2 cups water
1/4 cup Bragg's Coconut Aminos
1/4 cup nutritional yeast
1 T onion powder
1 T dried rosemary
1 T maple syrup

2 1/2 tsp dried sage
2 tsp dried thyme
1/2 tsp liquid smoke
1/2 tsp cayenne pepper
3 cups quick-cooking Quick oats
1/2 cup cooked rice

Heat oven to 350 degrees. Line two large baking sheets with parchment. Combine all ingredients except oats and rice in a medium saucepan. Bring to a boil over high heat. Remove from heat and add oats and rice. Stir to combine. Let it sit for 5 minutes.

Scoop mixture into 2-inch round balls or larger, depending on how big you want the sausage patties. Place balls on baking sheet and flatten gently with the back of a wet spoon. Bake 15 minutes and flip over. Bake 5 more minutes. Optional step for darker color:

Heat a non-stick skillet and add soy sauce. Toss sausage in soy sauce and cook briefly to coat with the soy sauce. You can also brush/spray with soy sauce last 5 minutes of baking time.

Loaded Sweet potatoes (You can serve this for lunch, dinner, and snack as well)

Bake a sweet potato. Cut it in half and add toppings. Suggested toppings: Drizzle peanut or almond butter. Add chopped banana, strawberry, and blueberries or any other fruit. You can also sprinkle chia seeds

Breakfast Fruit Bowl--Chop any fruit you like and eat it. You can top with nuts, coconut, and/or chia seeds.

Sweet Potato Hash Browns (Enjoy for breakfast, side dish or snack!)

Submitted: Mrs. Audry's Recipes To Try Out

1 ½ pounds sweet potato, peeled, shredded-can sub half Yukon Gold or russet potatoes.

1 cup chopped onion

4 teaspoons extra-virgin olive oil, divided

Instructions: Mix sweet potatoes and onions in a large bowl. Heat 2 teaspoons olive oil over medium-low to

medium heat in a large skillet. Add about half of the sweet potatoes and onions and stir to coat. Press with a spatula to flatten. Cook about 7-8 minutes; do not stir. Flip, and cook another 3-5 minutes. Remove from skillet and set aside. Repeat to cook remaining vegetables. When done, combine the two batches in the skillet. Cook another 2-3 minutes.

Wholegrain Oatmeal with Fruits

Submitted: Mrs. Audry's Recipes To Try Out

½ cup oatmeal

1 cup plant-based milk (almond, coconut, oat, soy)

Chopped dates

¼ teaspoon of cinnamon and choice of fruits as topping

Cook oats and milk on stovetop on medium heat for 1 minute OR cook in microwave for 1 ½ - 2 minutes.

Add dates, cinnamon to taste. Add choice fruit topping and ENJOY.

Chia Banana Breakfast Pudding

Submitted: Traci – Clean Food Crush

Serves 2

1 Cup Water

2-1/2 Tbsps Chia Seeds

2 Ripe Bananas

1 Cup Full-Fat Coconut Milk

1/2 tsp Ground Cinnamon

Pinch of Salt

Chia Gel Directions:

Combine the chia seeds and water in a pint jar with a tight-fitting lid. Shake to get all the chia seeds mixed in with the water & break up any lumps.

Set aside for 30 minutes, shaking occasionally to break up any lumps.

Banana Pudding Directions:

In the bowl of a food processor or in a blender, combine bananas and coconut milk and pulse until smooth. Pour banana mixture into a quart sized bowl (make sure to use a silicone spatula to scrape out everything) and mix in the cinnamon, salt, and chia gel. Store refrigerated and serve cold.

Warm and Hearty Apple Cinnamon Crockpot Oatmeal (serves 6) **Submitted: Mrs. Julia's Favorite Simple Recipes**

3 cups old-fashioned rolled oats, or 1 ½ cups steel-cut oats
3 ½ cups water
3 cups unsweetened almond or cashew milk
3 large granny smith apples, peeled, cored and diced
1 ½ vanilla extract
1 teaspoons ground cinnamon
1 teaspoon nutmeg (optional)
½ teaspoon Himalayan Pink Salt

Put all ingredients in large crockpot. Stir well. Turn on low overnight. In the morning, stir and enjoy!

This recipe can be modified in many different ways! Top with walnuts or almonds. Substitute apples for berries. You can add a mashed banana for sweetness. The possibilities are endless, use your imagination and ask the Holy Spirit for creative ideas!

Coconut Fig Bars **Submitted: Mrs. Audry's Recipes To Try Out**

1/2 cup coconut flour-can sub almond, oat, or whole wheat. Add 1/4 cup to maintain the coconut flavor.
1/2 cup old-fashioned rolled oats
1 cup unsweetened applesauce
1 cup chopped dried figs
2 tablespoons chopped pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon unsweetened shredded coconut
1/2 teaspoon cinnamon

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, and applesauce until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

LUNCH AND DINNER IDEAS

Salads/Soups

Salad Meal

Submitted: Adam & Vernesa's Tried & Loved

Start with a foundation of your favorite salad greens. You can add cooked quinoa or brown rice on top. Then layer it with whatever vegetables you like. I like to add Purple and green onions, black and green olives, sliced carrots, broccoli pieces, shredded cabbage/Brussel sprouts, cucumber, tomatoes, edamame, and canned beans. You can add grapes, strawberries, or apples. I like to drizzle balsamic vinegar on top. My favorite brand is from the Virgin Olive Oiler in Fort Worth. They have a ton of different flavors. You can pick up a salad from Salata's just make sure you only get compliant toppings. Their salads are very fresh.

Burrito Bowls/Taco Salad

Submitted: Adam & Vernesa's Tried & Loved

Layer in a bowl the following: brown rice or salad as the base, top with black beans, fat free refried beans, walnut taco meat, corn, sautéed bell peppers, chopped onions, chopped avocado, salsa, cooked plantains, cilantro, and raw sour cream. Customize it to your liking!!

Tahini Kale Salad

Submitted: Mrs. Audry's Recipes To Try Out

2 bunches kale, stems removed and chopped
2-3 cloves garlic, minced or pressed
3-4 tbsp or almond butter
2 tbsp extra-virgin olive oil
1 tbsp apple cider vinegar

1 tsp Braggs liquid aminos
1 lemon (for juicing)
Optional: chickpeas, raw cashews, slices almonds, sesame seeds, chopped red onions, hemp seeds, etc.

Juice lemon. Mix ingredients together and enjoy!

Lemon and Garlic Potato Salad

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

2 ½ pounds red potatoes, quartered
½ cup chopped parsley
1 clove garlic, minced
2 lemons, juiced
1 tablespoon extra-virgin olive oil

Salt and pepper to taste

Boil potatoes, and cool. Add remaining ingredients and mix well. Serve chilled.

Pink & Green Salad

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 pink grapefruit
2 tablespoons extra-virgin olive oil
Black pepper
8 cups thinly sliced kale
1 avocado, pitted, sliced into 1/2-inch wedges

Cut and peel grapefruit placing segments into bowl.
Squeeze juice from membranes and strain into another

small bowl (there should be about 1/4 cup juice total).
Whisk oil into juice and season to taste with pepper.
Place kale in a large bowl and drizzle 3 table- spoons of
your grapefruit/oil dressing over top. Toss to combine
and let stand for 10 minutes while kale wilts slightly.
Toss again. Then top with grapefruit segments and
avocado slices. Drizzle with remaining dressing and
enjoy!

Greek Salad

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

Romaine Lettuce, washed and chopped
1/2 cup kalamata olives, drained
1 can chickpeas or Garbanzo beans, drained and rinsed
1/2 cucumber thinly sliced
1 small red onion, sliced thin (add to your preference)

1 cup sliced baby bella mushrooms
1 banana pepper sliced
1 1/2 cup cherry tomatoes sliced in half

Combine all ingredients, tossing together.

Dressing

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1/2 cup balsamic or white wine vinegar
2 pressed garlic cloves
1/2 teaspoon dried oregano
1/4 teaspoon dried basil

1/4 teaspoon onion powder
1 cup extra virgin olive oil

Whisk to combine all ingredients before each use.

Grapefruit & Orange Fruit Salad

Submitted: Traci – Eating Well

1 medium grapefruit, sectioned
1 medium orange, sectioned
1 Tbsp. chopped fresh mint

Combine the grapefruit and orange in a bowl. Top with
chopped mint.

White Bean & Veggie Salad

Submitted: Traci – Eating Well

2 cups mixed salad greens
3/4 cup veggies of your choice, such as chopped
cucumbers and cherry tomatoes
1/2 cup canned white beans, rinsed and drained
1/2 avocado, diced
1 tablespoon red-wine vinegar
2 teaspoons extra-virgin olive oil

1/4 teaspoon kosher salt
1 pinch Freshly ground pepper to taste

Combine greens, veggies, beans and avocado in a
medium bowl. Drizzle with vinegar and oil and season
with salt and pepper. Toss to combine and transfer to a
large plate.

Lotsa Vegetable Chowder (Forks Over Knives)
Submitted: Adam & Vernesa's Tried & Loved

8 small Yukon Gold, white, or russet potatoes (about 2 pounds), cut into ½-inch chunks
½ small onion, peeled and chopped
3 ears fresh corn, kernels removed (about 1¾ cups), cobs reserved or a bag of frozen corn
2 medium carrots, peeled and diced
2 stalks of celery, chopped
¼ cup chopped red bell pepper
1 cup chopped broccoli and cauliflower stalks, outer fibrous parts removed and discarded (about ½ pound)
1 clove garlic, peeled and minced
2 tablespoons chopped thyme
⅛ teaspoon white pepper
2 teaspoons ground cumin
3 tablespoons chopped dill
Salt to taste

In a large pot, combine the potatoes, onion, corn kernels and cobs, carrots, celery, pepper, broccoli and cauliflower, garlic, thyme, white pepper, cumin, and 6 cups water. Bring to a boil over high heat. Reduce the heat to medium-low and simmer for 30 minutes, or until the vegetables are tender.

Remove the corn cobs and let cool. Remove 1 cup of the soup and puree in a blender with a tight-fitting lid, covered with a towel. (If you like a thicker soup, puree 2 cups.) Return the pureed soup to the pot and add the dill. Scrape corn cobs with back of a knife to remove the creamy corn bits from the kernel and add the bits to the pot. Season with salt and pepper and stir well. You can top with chopped green onions if you would like.

Garden Vegetable Soup (Revised from Alton Brown's recipe)
Submitted: Adam & Vernesa's Tried & Loved

2 cups chopped leeks, white part only (from approximately 3 medium leeks)
2 tablespoons finely minced garlic
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
3 cups chopped cabbage
2 ears corn, kernels removed--optional
Salt and 1/2 teaspoon freshly ground black pepper
1/4 cup packed, chopped fresh parsley leaves
Lemon wedges

Heat a little broth. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. Add the broth, increase the heat to high, and bring to a simmer. Once simmering, add the cabbage, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and if you would like some lemon juice. Season, to taste, with kosher salt. Serve immediately.

Lentil Soup (Cookie and Kate)
Submitted: Adam & Vernesa's Tried & Loved

1 medium yellow or white onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
½ teaspoon curry powder (can omit)
½ teaspoon dried thyme
1 large can (28 ounces) diced tomatoes, lightly drained (optional)
1 cup brown or green lentils, picked over and rinsed
4 cups vegetable broth
2 cups water
1 teaspoon salt, more to taste
Pinch of red pepper flakes
Freshly ground black pepper, to taste
1 cup chopped fresh collard greens or kale; tough ribs removed
1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

Warm some water or vegetable broth in a pot and add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds.

Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)

Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes. Serve while hot. Leftovers will keep well for about 4 days in the refrigerator or can be frozen for several months (just defrost before serving).

Cauliflower Soup: (Retrieved from Chef Julia Dunaway)
Submitted: Adam & Vernesa's Tried & Loved

½ cup cashews, divided Soak ½ cup cashews in water for 30 minutes or longer
3 cups low sodium vegetables stock, or more if needed to thin the soup
1 cup chopped onion
3 cloves garlic, chopped
1 head cauliflower, cut into florets (5 cups)
2 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
1 tablespoon fresh oregano leaves (or ½ teaspoon dried oregano)
½ teaspoon kosher salt (or more to taste)
½ teaspoon fresh ground black pepper

Drain and blend cashews in a high-speed blender with 1 cup vegetable stock until very smooth. Keep the mixture in the blender. In a large pot, over medium high heat, cook the onion and garlic for 2-3 minutes. Add a couple tablespoons of water and cover with a lid. Cook for 5 minutes. Add the cauliflower and cook with the onions and garlic for 5 minutes. Add the remaining broth and herbs and spices. Simmer covered for 10 minutes, or until cauliflower is very tender. Add the cauliflower mixture to the blender and blend until smooth. Place the remaining ¼ cup cashews on a baking sheet and toast in a 350-degree oven for 6 minutes. Roughly chop the cashews and sprinkle a few on top of the soup along with some minced thyme and oregano.

Chili (We cook this every other week—It is a super tasty recipe) (Cookie and Kate) **Submitted: Adam & Vernesa's Tried & Loved**

1 medium red onion, chopped
1 large red bell pepper, chopped
2 medium carrots, chopped
2 ribs celery, chopped
½ teaspoon salt, divided
4 cloves garlic, pressed or minced
2 tablespoons chili powder
2 teaspoons ground cumin
1 ½ teaspoons smoked paprika
1 teaspoon dried oregano
1 large can (28 ounces) diced tomatoes, with their juices (you can puree if you don't care for tomato chunks)
2 cans (15 ounces each) black beans, rinsed and drained
2 can (15 ounces) pinto beans, rinsed and drained
2 cups kidney beans, rinsed and drained
2 cups vegetable broth
1 bay leaf
Lime juice to taste (optional)

Garnishes: chopped cilantro, sliced avocado, chopped red onion, chopped green onions, black olives.

You can also top with cashew sour cream—recipe below.

In a pot over medium heat add the chopped onion, bell pepper, carrot, celery and ¼ teaspoon of the salt. Add water to prevent sticking. Stir to combine and cook, stirring occasionally, until the vegetables are tender, and the onion is translucent, about 7 to 10 minutes. Add more water as needed to prevent sticking.

Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.

Add the diced tomatoes and their juices, the beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from the heat.

Add the chopped cilantro, stir to blend, and then mix in the lime juice, to taste. Add salt to taste, too—I added ¼ teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice.

Cashew Sour Cream (Oh She Glows) **Submitted: Adam & Vernesa's Tried & Loved**

1 1/2 cups (225 g) raw cashews, soaked
3/4 cup (180 mL) water
2 tablespoons fresh lemon juice
2 teaspoons apple cider vinegar
Scant 1/2 teaspoon fine sea salt

Place cashews in a bowl and cover with water. Soak overnight or for 8 hours if you have the time. For a quick-soak method, pour boiling water over the cashews and soak for 1 hour. Rinse and drain.

Place the drained cashews in a high-speed blender.

Add the water, lemon, vinegar, and salt. Blend on high until super smooth. You might have to stop to scrape down the blender now and then or add a touch more water to get it going.

Transfer into a small, air-tight container and chill in the fridge. It makes 2 cups. The cream will thicken up as it chills. The cream will keep in the fridge for about 1 week. You can also freeze it for up to 1 month. I like to freeze it in silicone mini muffin cups. Once solid, transfer the cups into a freezer-safe zip bag for easy grab and go portions.

Mexican Pinto Bean Soup (One of my favorites) (Skinny Taste) **Submitted: Adam & Vernesa's Tried & Loved**

1-pound dried pinto beans
1 small yellow onion, chopped
1/4 cup minced cilantro
3 clove garlic, minced
1/2 medium yellow onion, left whole
1 4.24 ounce can chopped green chilies
1 whole jalapeño
6 cups vegetable broth (Swanson or Trader joes vegetable broth is good)
2 bay leaves
1 teaspoon Kosher salt

Soak the beans overnight in water. Discard the water the next day.

Set pressure cooker to sauté, add the oil and chopped onion and cook until soft. Add the garlic, 1/4 cup cilantro and cook 1 minute. Set aside in a bowl.

In the pressure cooker combine the soaked beans, green chilies, jalapeño, half onion, bay leaves and

6 cups vegetable broth. Cover and cook high pressure 45 minutes.

Natural release. Discard bay leaves, half onion and jalapeño and stir in the reserved sautéed onion and season with salt.

Press sauté and cook uncovered until thickened, about 30 minutes, stirring occasionally. Taste and adjust any seasoning. You can add some vegetable bouillon, salt, or even a splash of vinegar.

Ladle beans into serving bowls, and top with chopped tomato, onion, cilantro, and avocado. Serve with lime wedges and corn or whole wheat tortillas if desired.

This can also be cooked in a pot on the stove top. You can serve leftovers on top of brown rice with fat free refried beans, black beans, corn, salsa, and the above toppings to make a burrito bowl!!!!YUUM

Chipotle Black Bean Tortilla Soup (Another Favorite of mine) (Minimalist Baker) **Submitted: Adam & Vernesa's Tried & Loved**

1/2 white or yellow onion (diced)
3 cloves garlic (minced)
1/2 red or orange pepper (diced)
1 1/2 tsp cumin
1 tsp chili powder
1 1/2 cups salsa-any you like (sugar free)
4 cups vegetable broth
2 15-ounce black beans (slightly drained)
1 15-ounce can corn (drained)

Heat a large pot over medium heat. Once hot, add a little water, garlic, onion, pepper, a pinch salt and pepper and stir. Cook for 4-5 minutes, stirring frequently, until onions

are translucent, and the peppers have a bit of color. Feel free to add more water so the vegetables don't burn.

Add cumin and chili powder and stir to coat. Then add salsa and vegetable broth. Stir to combine, then increase heat to medium heat and bring to a low boil.

Once it's boiling, add black beans and corn and stir. Reduce heat to low and simmer, covered, for 30 minutes or more, stirring occasionally. The longer it simmers, the more the flavor will develop. It's even better the next day.

Serve as is or top with red onions, cilantro, lime wedges, and avocado.

West African Peanut soup (One of our favorites) (Cookie and Kate)
Submitted: Adam & Vernesa's Tried & Loved

6 cups vegetable broth (Swanson or Trader Joes brand taste the best)
1 medium red onion, chopped
2 tablespoons peeled and minced fresh ginger
4 cloves garlic, minced
1 teaspoon salt
1 bunch collard greens (or kale), ribs removed, and leaves chopped into 1-inch strips (can be omitted)
1 cup peanut butter (chunky or smooth)
½ cup tomato paste (CENTO brand in tube has a great flavor)
Hot sauce, like sriracha if you like spicy
¼ cup roughly chopped peanuts, for garnish

[Cooked brown rice](#), for serving

In a medium pot, bring the broth to a boil. Add the onion, ginger, garlic and salt. Cook on medium-low heat for 20 minutes. In a medium-sized, heat-safe mixing bowl, combine the peanut butter and tomato paste, then transfer 1 to 2 cups of the hot stock to the bowl. Whisk the mixture together until smooth, then pour the peanut mixture back into the soup and mix well. Stir in the collard greens if using and season the soup with hot sauce to taste. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked brown rice and top with a sprinkle of chopped peanuts.

Healthy Zuppa Toscana Soup
Submitted: Mrs. Julia's Favorite Simple Recipes

2 Quarts of Organic Veg. Broth
1 16oz bag of frozen Organic Kale
1 16oz bag of frozen Organic Cauliflower
1 to 2 gloves of garlic (chopped or minced)
Bonus ingredient 1 cup of okra
Himalayan Pink Salt to taste, Italian seasonings (oregano, thyme, basil, rosemary) and Cheyenne Pepper flakes to taste

Add all ingredients except okra to large pot. Simmer until kale and cauliflower are fork tender. Stir

occasionally checking if more salt/seasonings are needed. Do you dare to add the bonus ingredient?? Okra is truly a super health food! If adding in Okra: simmer 1 cup of okra in separate pot. Simmer until VERY tender. Let cool (you can add a couple pieces of ice to speed up the process). Once COMPLETELY cooled, add in blender until thoroughly pureed. Then stir into the pot of soup. Your taste buds will thank you and you'll never even know it's there!

Easy Tomato Basil Soup
Submitted: Mrs. Julia's Favorite Simple Recipes

1 quart of Organic Veg. Broth
2 cans of Organic tomato sauce (no sugar added)
¾ cup of cauliflower
1 teaspoon of coconut oil
Himalayan Pink Salt to taste, several pinches of basil,
Chopped parsley (optional)
A couple squirts of Bragg's liquid aminos (optional)

Add all ingredients to pot. In separate pot boil cauliflower until tender. Let cauliflower cool completely then puree in blender. Stir cauliflower into pot for added creamy texture and flavor. Sprinkle with parsley flakes and eat. Yum!

Cauliflower Kale Soup

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon extra-virgin olive oil
½ cup diced red onion
2-3 garlic cloves, minced
4 cups Unsalted Vegetable Broth or water
4 cups cauliflower florets (about one small head or 12 ounces frozen florets)
4 cups lightly packed chopped kale (or about 2 1/2 cups frozen chopped kale)
1 (15-ounce) can chickpeas, rinsed and drained (can be omitted)

½ teaspoon salt
½ teaspoon pepper
¼ teaspoon red pepper flakes

Heat olive oil in saucepan over medium heat. Cook onions until softened. Stir in garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn. Add broth or water and remaining ingredients. Bring to a boil. Simmer, uncovered, for 20 minutes, and serve.

Lentil-Vegetable Soup

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon extra-virgin olive oil
1 cup chopped zucchini
1 cup fresh or frozen sweet peas
½ cup chopped carrots
½ cup chopped celery
½ cup chopped onion
2 cloves garlic, minced
6 cups water or Vegetable Broth
1 (14.5-ounce) can diced tomatoes, undrained
1 cup dry lentils, rinsed and sorted
1 teaspoon salt + 1/8 teaspoon pepper
½ teaspoon dried thyme + chopped fresh parsley, to taste

Instructions: Heat olive oil in large saucepan over medium heat. Add zucchini, peas, carrots, celery, onions, and cook until vegetables are softened. Stir in garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn. Pour in water, tomatoes, and lentils. Add salt, thyme, and pepper, and stir to combine. Heat to boiling, and then reduce heat. Simmer with lid slightly tilted for about 30 minutes. Sprinkle in parsley before serving.

Black Bean Soup

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 tablespoon olive oil
1 medium onion, diced
4 cloves garlic, minced
1 (14.5 ounce) can garlic fire roasted diced tomatoes
4 (15 ounce) cans black beans,
(2 undrained, 2 drained and rinsed)
2 (14.5 ounce) cans low-sodium vegetable broth
1 (4 ounce) can diced green chilies
1 cup frozen corn, thawed
1 ½ teaspoons cumin
1 teaspoon chili powder
1 tablespoon fresh squeezed lime juice
1 bunch cilantro, for topping

Add two cans of undrained black beans to a food processor or blender and pulse until thickened. Set aside. Heat oil in a large Dutch oven or pot. Stir in onion, sauté for 3-4 minutes. Add in garlic and cook for an additional minute.

Stir in tomatoes, all the black beans, vegetable broth, green chilies, corn, cumin and chili powder. Bring to a simmer and cook for 10-15 minutes. If the soup is too thick add more broth. Remove from heat, stir in lime juice, and salt and pepper to taste. Serve warm with fresh chopped cilantro.

Butternut Squash and Sweet Potato Soup **Submitted: Mrs. Audry's Recipes To Try Out**

1/2 tablespoon extra-virgin olive oil
1/2 cup chopped onion
4 cups water or Vegetable Broth (see Recipe Notes)
1-pound butternut squash, peeled & cut into 1-inch cubes
1-pound sweet potatoes, peeled & cut into 1-inch cubes
1 teaspoon fresh minced ginger root or 1/2 teaspoon ground ginger
1/2 teaspoon salt
1/8 teaspoon allspice
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg

Heat oil over medium heat and add onions. Cook until onions are soft and translucent. Add water or broth and remaining ingredients to saucepan and bring to a boil. Reduce heat, and cover. Simmer 30 minutes, or until vegetables are tender. Remove vegetables with a slotted spoon and place in a food processor or blender. Puree until smooth. Return to heat and stir. Use a whisk, if necessary, to smooth out the texture. Cook another 5-10 minutes and serve.

Rosemary White Bean Soup **Submitted: Traci – Ina Garten**

1 lb white dried cannellini beans
4 cups onions, sliced
1/4 cup olive oil
2 garlic cloves, minced
1 large fresh rosemary sprig (6-7 INCHES)
2 quarts vegetable stock
1 bay leaf
2 teaspoons kosher salt
1/2 teaspoon fresh ground pepper

In a medium bowl, cover the beans with water by at least 1 inch and leave them in the refrigerator for 6 hours or overnight. Drain.

In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 10 to 15 minutes.

Add the garlic and cook over low heat for 3 more minutes.

Add the drained white beans, rosemary, vegetable stock, and bay leaf. Cover bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft.

Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed.

Return the soup to the pot to reheat and add salt and pepper to taste. Serve hot.

Kale Soup

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

32 ounces vegetable broth
1 white onion, chopped
2-3 garlic cloves, minced
1 large bag chopped kale
Black pepper to taste

Sauté onion and garlic over medium heat about 3 minutes. Add in broth and simmer about 20 minutes. Add 1 large pack of kale and simmer another 10-20 minutes until kale reaches desired tenderness. Season with black pepper.

Roasted Cauliflower & Potato Curry Soup

Submitted: Traci from Eating Well

2 teaspoons ground coriander
2 teaspoons ground cumin
1 ½ teaspoons ground cinnamon
1 ½ teaspoons ground turmeric
1 ¼ teaspoons salt
¾ teaspoon ground pepper
⅙ teaspoon cayenne pepper
1 small head cauliflower, cut into small florets (about 6 cups)
2 tablespoons extra-virgin olive oil, divided
1 large onion, chopped
1 cup diced carrot
3 large cloves garlic, minced
1 ½ teaspoons grated fresh ginger
1 fresh red chile pepper, such as serrano or jalapeño, minced, plus more for garnish
1 (14 ounce) can no-salt-added tomato sauce
4 cups low-sodium vegetable broth
3 cups diced peeled russet potatoes (1/2-inch)
3 cups diced peeled sweet potatoes (1/2-inch)
2 teaspoons lime zest
2 tablespoons lime juice
1 (14 ounce) can unsweetened coconut milk
1 tablespoon Chopped fresh cilantro for garnish

Preheat oven to 450 degrees F.

Combine coriander, cumin, cinnamon, turmeric, salt, pepper and cayenne in a small bowl. Toss cauliflower with 1 tablespoon oil in a large bowl, sprinkle with 1 tablespoon of the spice mixture and toss again. Spread in a single layer on a rimmed baking sheet. Roast the cauliflower until the edges are browned, 15 to 20 minutes. Set aside.

Meanwhile, heat the remaining 1 tablespoon oil in a large pot over medium-high heat. Add onion and carrot and cook, stirring often, until starting to brown, 3 to 4 minutes. Reduce heat to medium and continue cooking, stirring often, until the onion is soft, 3 to 4 minutes. Add garlic, ginger, chile and the remaining spice mixture. Cook, stirring, for 1 minute more.

Stir in tomato sauce, scraping up any browned bits, and simmer for 1 minute. Add broth, potatoes, sweet potatoes, lime zest and juice. Cover and bring to a boil over high heat. Reduce heat to maintain a gentle simmer and cook, partially covered and stirring occasionally, until the vegetables are tender, 35 to 40 minutes.

Stir in coconut milk and the roasted cauliflower. Return to a simmer to heat through. Serve garnished with cilantro and chiles, if desired.

Tips

To make ahead: Refrigerate for up to 5 days.

Lemony Lentil Soup with Collards

Submitted: Traci – Eating Well

1 cup dried brown lentils
8 cups water, divided
¼ cup extra-virgin olive oil
2 medium onions, diced
2 medium carrots, diced
1 teaspoon salt, divided
¼ teaspoon ground pepper
3 cloves garlic, chopped
1 teaspoon ground coriander
6 cups chopped collard greens
¾ cup chopped fresh cilantro
1-pound small yellow potatoes, quartered
1 Juice of 1 lemon, plus wedges for serving

Pick through lentils, discarding any stones. Rinse.

Combine the lentils in a small saucepan with 3 cups water. Cover and bring to a boil. Reduce heat to

maintain a simmer and cook, covered, until tender, 25 to 30 minutes.

Meanwhile, heat oil in a large pot over medium heat. Add onions, carrots, 1/2 teaspoon salt and pepper; cook, stirring occasionally, until golden brown and lightly caramelized, 15 to 20 minutes. Add garlic and coriander; cook, stirring, for 1 minute. Stir in collard greens and cilantro; cook, stirring occasionally, until the greens have wilted, about 1 minute.

Add 1 cup of water and cook, scraping up any browned bits from the bottom of the pan, for 30 seconds. Add the lentils and their liquid, potatoes, lemon juice and the remaining 4 cups water and 1/2 teaspoon salt. Bring to a

boil over high heat. Reduce heat, cover and simmer until the potatoes are tender, 12 to 14 minutes.

Serve with lemon wedges, if desired.

LUNCH AND DINNER IDEAS

Beans/Greens

Black Eyed Peas

Submitted: Adam & Vernesa's Tried & Loved

1-pound dried black-eyed peas
6 cups vegetable broth
1 medium onion chopped
2 carrots chopped
2 celery stalks chopped
1 red bell pepper chopped
4 cloves garlic minced
1 teaspoon salt
1 teaspoon dried parsley
3/4 teaspoon paprika
1/2 teaspoon cumin, dried thyme, and oregano
1/2 teaspoon black pepper

1/8 teaspoon liquid smoke

Add peas to 6 cups of water in a large bowl and soak overnight. Drain peas and rinse and set aside.

In a large pot sauté onion, carrots, celery, bell pepper, garlic, and the rest of seasonings for about 10 minutes. Add peas with 6 cups of broth and bring to boil on medium-high. Cover and reduce heat to a simmer for about 45 minutes or until peas are tender. If they are drying out before being tender, then add extra broth.

Delicious served with collard greens. Recipe below—

Collard Greens

Submitted: Adam & Vernesa's Tried & Loved

1/2 large onion, chopped
1-pound collard greens, chopped
3 cups vegetable broth
2 tomatoes chopped
Salt and freshly ground black pepper

minutes, then add the garlic, cook another minute. Add tomatoes and cook for one more minute. Add collard greens and cook another minute. Add the vegetable broth, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Season with salt, freshly ground black pepper, and hot sauce.

In a large pot over medium heat some broth. Sauté the onions until slightly softened with a little water, about 2

Lentil Stew

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

2 cans diced tomatoes
14 1/2 ounces water
2 teaspoons Braggs liquid aminos
1 cup lentils
1/2 cup barley
1 bag frozen spinach
1 bag frozen peas and carrots
2 stalks celery, chopped

1 small white onion, chopped

Combine all ingredients in a 4-quart saucepan and bring to a boil. Reduce to simmer and cook until done. Substitute any vegetables of choice!

Mexican Rice and Beans

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon extra-virgin olive oil
1 cup diced red onions and 2 cloves garlic, minced
2 1/2 cups water
1 1/2 cups brown rice, uncooked
1 (10-ounce) can diced tomatoes and green chilies (Ro-tel)
1 teaspoon cumin
1/4 teaspoon cayenne pepper-omit if you don't want it spicy
1 (15.5-ounce) can black beans, rinsed and drained
1 tablespoon chopped fresh parsley
or 1 teaspoon dried parsley

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Drain, and set aside. Heat olive oil in a large saucepan over medium heat. Add onions and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn.

Pour in water, rice, tomatoes and chilies, cumin, and cayenne pepper. Heat to boiling. Reduce heat and cover. Simmer 45-55 minutes or until rice is tender and nearly all the liquid is absorbed. Add beans and stir well. Cook another 8-10 minutes. Add parsley and serve. Add avocado slices as a garnish.

Barley Stew W/ Mushrooms & Greens

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 tablespoon olive oil
1 1/2 cups chopped leeks (about 2 small stalks; white and pale green parts only)
1 8-ounce container sliced baby bella mushrooms
2 garlic cloves, pressed
2 1/4 teaspoons minced fresh rosemary
1 (14.5-ounce) can diced tomatoes in juice
1 cup pearl barley
4 cups vegetable broth, or more as needed
8-ounce bag of fresh chopped kale
Fresh ground black pepper

Heat oil in large pot over medium heat. Add leeks and pepper then sauté until leeks are soft, stirring often, about 5 minutes. Add mushrooms, garlic and rosemary. Increase heat slightly. Sauté until mushrooms are soft and begin to brown. Add tomatoes with juice and stir about 1 minute. Add barley and 4 cups broth bringing to a boil. Reduce heat to low, cover and simmer until barley is almost tender, about 20 minutes. Add kale stirring until wilted, about 1 minute. Cover and simmer about 10 minutes or until kale and barley are tender, adding more broth as needed for desired consistency.

Sautéed Fresh Lemony Spinach

Submitted: Traci – Clean Food Crush

1-2 Tbsps olive oil, avocado oil, or unrefined coconut oil
24 oz fresh spinach
3 fresh garlic cloves, chopped
1/2 a fresh lemon, freshly squeezed
1 Tbsp fresh lemon zest
sea salt and freshly ground black pepper

Thoroughly rinse your spinach and dry completely in a salad spinner.

Heat your oil in a large heavy-bottomed skillet. Add in garlic and cook until fragrant, for about 1 minute. Add in half of your spinach and stir to wilt. Stir in the remaining half of the fresh spinach. Drizzle in the fresh lemon juice and stir constantly until all spinach is just wilted. Remove from the heat and season with lemon zest, sea salt and pepper to taste. Serve and enjoy

Spinach with Dill

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 medium onion, chopped
1 tablespoon extra-virgin olive oil
2 garlic cloves, minced
2 tablespoons dill, diced
1 (15-ounce) can tomato sauce
10 ounces chopped spinach, (fresh or frozen, thawed)
½ cup water
Black pepper to taste

Brown rice, prepared

Sauté onions in oil. Add garlic and dill to saucepan and continue to sauté for two minutes. Add tomato sauce and bring to a boil. Simmer for 10 minutes on low heat. Add spinach and water. Return to a boil again. Cover and simmer on low heat for 15 minutes. Serve warm over cooked brown rice.

LUNCH AND DINNER IDEAS

Bowls

Sweet Potato Protein Bowl

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon coconut or olive oil
½ cup chopped red onion
1 clove garlic, minced
2 cups chopped sweet potatoes, cut into 1/2-inch pieces (about 1 pound)
1 cup cooked edamame or chickpeas (or ½ cup each)- can sub black beans
2 cups torn kale, lightly packed, torn into bite-sized pieces (can sub spinach leaves)
½ cup walnuts
¼ teaspoon salt + 1/8 teaspoon freshly ground pepper

Instructions: Add coconut oil, onions, and sweet potatoes to a large skillet. Cook about 10-12 minutes, and then add the remaining ingredients. Stir frequently so garlic doesn't burn. Cook another 5 minutes. If the pan becomes dry, just add 1-2 tablespoons of water. Remove from heat and serve when sweet potatoes are crisp tender (not mushy).

Middle Eastern Chickpea Bowls

Submitted: Traci – Hello Fresh

2 small/medium Red Onions
2 cloves Garlic
½ oz Cilantro
2 Lemons
1 oz Pistachios
8 oz Grape Tomatoes
1 cup Brown Basmati Rice
2 teaspoons Vegetable stock/bullion/concentrate
26.8 oz canned Chickpeas
2 TBS Shawarma Spice
8 TBS Vegan Sour Cream
2 tsp Hot Sauce

Adjust oven rack to top and middle positions and preheat oven to 425. Wash & dry all produce.

Melt 1 TBSP Miyoko's Vegan butter in a small pot over medium-high heat (use 2 TBSP butter and a medium pot for 4 servings). Add minced onion, half the garlic, half the pistachios (save the rest for serving), half the Shawarma Spice (you'll use the rest in the next step), and a pinch of salt. Cook, stirring, 1 minute.

Stir in rice, ¾ cup water (1½ cups for 4), stock concentrate, and a big pinch of salt. Bring to a boil, then cover and reduce heat to low. Cook until rice is tender, 15-18 minutes (follow package instructions). Keep covered off heat until ready to use in step 5.

Meanwhile, toss onion wedges, tomatoes, and chickpeas on a baking sheet with a large drizzle of olive oil, remaining Shawarma Spice, pepper, and a few pinches of salt. (For 4 servings, divide everything between 2 baking sheets; roast on top and middle racks, tossing veggies and swapping rack positions halfway through roasting.) Roast on top rack, tossing halfway through, until veggies are tender and lightly charred, and chickpeas are crispy, 18-20 minutes. TIP: It's natural for chickpeas to pop a bit.

While veggies and chickpeas roast, in a small bowl, combine vegan sour cream with remaining garlic to taste. Season with salt. Stir in water 1 tsp at a time until mixture reaches a drizzling consistency.

Fluff rice with a fork; stir in 1 TBSP vegan butter and half the cilantro. Season with salt and pepper. Once veggies and chickpeas are done, remove from oven and toss with lemon zest.

Divide rice between shallow bowls. Top with veggies and chickpeas. Drizzle with garlicky white sauce and hot sauce to taste. Sprinkle with remaining pistachios and cilantro. Top with lemon juice to taste; serve with any remaining lemon wedges on the side.

Pinto Bowl

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 ½ tablespoons extra virgin olive oil
1 large white or Vidalia onion, chopped
Black pepper and Red pepper flakes to taste
1 teaspoon cumin powder
1 (16-ounce) can pinto beans
1 large tomato, diced
¼ cup parsley, chopped
2 lemons, juiced

Heat oil in small pot; add onion and sauté gently until onions begin to soften. Add seasonings of black pepper, red pepper and cumin stirring gently. Add beans, tomatoes and lemon juice. Bring to a simmer and cook until heated throughout. Serve warm, topped with chopped parsley.

LUNCH AND DINNER IDEAS

Pasta/Stir-Fry/Rice

Yummy Alfredo Sauce (Downshiftology)

Submitted: Adam & Vernesa's Tried & Loved

1 cup raw cashews, soaked overnight, drained and rinsed
3/4 cup water
2 garlic cloves, peeled
1/2 tbsp lemon juice
1/2 cup diced onion
2 tbsp [nutritional yeast](#) (this is inactive yeast)
1 tsp salt
1/4 tsp dried rosemary
1/4 tsp black pepper

After the cashews have soaked overnight (or at least 6 hours), drain and rinse them.

Add the cashews and all other ingredients to a high-powered blend and blend until smooth. Taste and feel free to add more seasonings.

Use immediately in a recipe or store in a sealed container in the fridge.

Pour over whole wheat or plant-based pasta noodles

You can add sautéed mushrooms after blending. You can serve with steamed peas or broccoli on the side.

Spaghetti

Submitted: Adam & Vernesa's Tried & Loved

2 jars of meatless spaghetti sauce you like (make sure it is a sugar free brand)
1 tablespoon each of dried oregano, thyme, basil, garlic and onion powder

Simmer on low for one hour making sure not to let it burn. Season with salt and pepper at the end and serve over whole wheat or plant-based noodles.

Vegetable Stir Fry

Submitted: Adam & Vernesa's Tried & Loved

Cooked brown rice

Any vegetables you like i.e. broccoli, onion, carrots, bell pepper, cabbage, mushrooms, garlic, ginger, bok choy, zucchini, sugar snap peas.....Lightly sauté vegetables you like with Braggs liquid aminos (healthy version of soy sauce) and sesame oil and top over brown rice. You can also sprinkle roasted cashews or peanuts on top with chopped green onions. You can add garlic chili paste and more aminos to get flavor you like.

Quinoa/Brown Fried Rice

Submitted: Adam & Vernesa's Tried & Loved

1 cup uncooked quinoa or 4 cups cooked Brown Rice
2 cups water vegetable broth
¼ small onion, chopped
2 large carrots, peeled and diced (about ¾ cup)
3 scallions, sliced and divided
3 large garlic cloves
½ tsp freshly grated ginger
1 Tbsp. olive oil (optional- I use water instead to keep vegetables from sticking)
4 Tbsp. Braggs liquid aminos
¾ tsp. sesame oil
½ cup frozen peas, thawed

Rinse quinoa a few times in cold water. If using cooked brown rice skip to step 3

Bring quinoa and water or broth to a boil in a medium saucepan, and then reduce to a simmer.

Season with salt. Simmer for 15-20 minutes until quinoa is fluffy and cooked through. Remove from heat and fluff with a fork. Transfer to a large plate and pop in the fridge or freezer to chill completely.

Mix Braggs liquid aminos and sesame oil in a small bowl. Set aside.

Heat 1 tablespoon olive oil in a large sauté pan over a high heat. Add onion and carrot, cook about two minutes. Add 2 scallions, garlic and ginger to the pan. Cook another two minutes. Add in the rest of the olive oil and the quinoa or rice. Stir-fry about two minutes. Add sauce and stir-fry until incorporated, about two minutes. Toss together and then throw in peas. Toss everything together until the peas are warmed through. Add remaining scallion and serve. Season with salt and pepper.

Brown Rice, pasta style (Chef Julia)

Submitted: Adam & Vernesa's Tried & Loved

Boil a pot of water about 6 quarts of water. Add the amount of brown rice you want to cook. I used 4 cups. Boil the rice, uncovered for 30 minutes. Check it at 30 minutes and if it's still a little hard, add 5 minutes. When it is done, immediately pour the rice and water into a colander in the sink. Put the drained rice back into the same pot. Cover with a lid and let it steam for 10 minutes. Stir and fluff it up. Store a few servings in the refrigerator for the next 3-4 days but freeze the rest in ½ cup portions in sandwich size Ziploc bags.

Lentil Walnut Taco Meat (Oh She Glows)

Submitted: Adam & Vernesa's Tried & Loved

1 cup uncooked French green lentils (you will use 1 ¾ cups cooked lentils)*
1 cup walnut pieces, toasted
1 ½ teaspoons dried oregano
1 ½ teaspoons ground cumin
1 ½ teaspoons chili powder
½ teaspoon fine grain sea salt, or to taste
½ tablespoons extra-virgin olive oil (optional-I skip the oil)
2 tablespoons water

Cook the lentils: Rinse lentils in a fine mesh sieve. Add to a medium pot along with a few cups of water. Bring to a boil, reduce heat to medium, and simmer for 20 to 25

minutes until tender (cook time will vary depending on the type of lentils you use—see package). Drain off excess water.

Toast the walnuts: Preheat oven to 300°F (150°C). Add walnuts onto a rimmed baking sheet and toast for 10 to 13 minutes, watching closely, until lightly golden and fragrant. Set aside to cool for a few minutes.

Prepare the taco meat: Add 1 ¾ cups cooked lentils (you'll have some leftover) and all the toasted walnuts into a food processor and pulse until chopped (make sure to leave texture). Stir or pulse in the oregano, cumin, chili powder, and salt. Stir in the oil and the water until combined.

Submitted: Mrs. Audry's Recipes To Try Out

1/2 cup quinoa and 1 cup water
1/2 tablespoon extra-virgin olive oil
1/2 cup diced red onions
1-2 cloves garlic, minced
(use 2 if you like a strong garlic flavor)
1/2 cup chopped asparagus spears
1/2 cup diced red bell peppers
1/2 cup diced tomatoes - Other vegetable ideas:
artichokes, broccoli, carrots, celery, green beans, or
mushrooms
2 tablespoons pine nuts
1/4 cup chopped fresh parsley
1 1/2 tablespoons chopped fresh oregano
or 1 tsp dried oregano
1/4 teaspoon salt

Rinse quinoa under cold running water in a fine-mesh strainer until juices run clear. Transfer quinoa to a small saucepan and add water. Heat to boiling. Reduce heat to low, and cover. Simmer gently with lid tilted for 20 minutes or until nearly all the liquid is absorbed. While quinoa is cooking, heat olive oil in a large skillet over medium heat. Add onions and cook until soft and translucent. Stir in garlic and cook for 1 minute. Add asparagus, red peppers, and tomatoes, squeezing tomatoes with your hands to release their juices into the skillet. Cook over low heat for 5-8 minutes. Add cooked quinoa to skillet, and stir in pine nuts, parsley, oregano, and salt. Stir well and cook until heated thoroughly. Serve. Makes 6 1/2 cup servings.

Sweet Coconut Rice

Submitted: Mrs. Audry's Recipes To Try Out

1 cup dry brown rice
1 cup dry wild rice or another cup of brown rice
2 cups water
1 14-ounce can unsweetened coconut milk (about 2 cups)
Pinch of salt
1 large sweet potato, peeled, diced & cooked (about 3 c). Substitute carrots or butternut squash for the sweet potato
1 cup sweet peas, cooked
1 cup canned black beans, rinsed & drained
1/4 cup chopped green onion
2 tablespoons lime juice
1/2 teaspoon ginger
1/4 teaspoon salt
1/8 teaspoon pepper

Chopped macadamia nuts, optional.
Rinse rice in a fine mesh sieve to remove the surface starches (it's what makes your rice sticky). Mix water, coconut milk, rice, and salt in a large saucepan. Heat to boiling. Reduce heat to simmer, stirring occasionally. Cook until liquid evaporates, about 30-35 minutes. While rice is cooking prepare the rest of the ingredients so that they are ready. Keep vegetables and beans warm. When rice is finished, add remaining ingredients. Stir well & serve.

DINNER IDEAS

Greek-Style Stuffed Peppers

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon extra-virgin olive oil
½ cup chopped onion
½ cup diced zucchini
1 clove garlic, minced
1 (8-ounce) can tomato sauce
3 chopped canned artichokes, drained (sub. Any veggies you like: carrots, mushroom, corn etc.)
½ cup chopped black olives
1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano
1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley
½ teaspoon salt
6 medium bell peppers (green, orange, red, and/or yellow)
2 cups cooked quinoa- Use brown rice instead of quinoa.
1 ½ tablespoons pine nuts

Preheat oven to 350 degrees. Place artichokes in a food processor, and pulse until chopped well. Set aside. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn.

Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes, or until sauce is thickened. While sauce is cooking, prepare peppers. Cut in half lengthwise and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of ½ inch. Bake uncovered for 20 minutes.

Stuffed Sweet Potatoes

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

4 sweet potatoes
1 ½ cup cashew cream sauce (you can make your own or omit! See recipe below.)
1 teaspoon lime juice
½ teaspoon ground black pepper
½ medium red onion, finely diced (about 1 cup)
1 ½ tablespoons of extra virgin olive oil
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon cumin
¼ teaspoon chili powder
1 (15-ounce) can of black beans, drained and rinsed
½ an avocado, chopped
Small bunch of cilantro, chopped

Pre-heat oven to 350 degrees. Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes. Prepare the cream sauce by whisking together the prepared cashew cream sauce

(recipe below), lime juice and black pepper. Set aside. When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat, then add onion and sauté until translucent (about 5 minutes). Add in the remaining spices, stir and cook for an additional 3 minutes. Add the black beans to the skillet and toss to combine. Cook about 5 minutes, stirring frequently. Take off heat and set aside.

Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and mash the inside pulling it gently away from the skin. Evenly spread the black bean mixture, avocado, cilantro, and cashew cream sauce on top of the 4 sweet potatoes.

If you're making this ahead for lunch, place potato in container, top with black bean mixture, close and refrigerate. Allow cashew cream sauce to cool, then spoon into separate small container.

Cashew Cream Sauce

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

Place 2 cups cashews in 1 ¼ cup water, and soak for about 2 hours. Place soaked cashews & water in a food processor or blender with 1-2 garlic cloves. Puree until very, very smooth. Thin out with more water to desired consistency. May add other seasonings of your choice such as curry or pepper. Store in fridge for 3-4 days or freeze.7 .

Cauliflower Tikka Masala with Chickpeas

Submitted: Traci – Eating Well

1 tablespoon coconut or canola oil
4 cups cauliflower florets
¼ teaspoon salt
¼ cup water
1 (15 ounce) can chickpeas, rinsed
1 1/2 cups tikka masala sauce (see Tip)
2 tablespoons butter – Use Miyoko's Cashew Vegan Butter
6 sprigs Fresh cilantro for garnish

Heat oil in a large skillet over medium-high heat. Add cauliflower and salt; cook, stirring occasionally, until lightly browned, about 2 minutes. Add water; cover and cook until the cauliflower is tender, 3 to 5 minutes. Add chickpeas and sauce; cook, stirring occasionally, until hot, 1 to 2 minutes. Remove from heat and stir in butter. Serve topped with cilantro, if desired. Serve with Brown Basmati Rice.

Grilled Cauliflower Steaks with Almond Pesto & Butter Beans

Submitted: Traci – Eating Well

½ cup almonds
5 tablespoons chopped flat-leaf parsley, divided, plus more for garnish
¼ cup packed fresh basil, plus more for garnish
2 tablespoons chopped fresh chives, plus more for garnish
1 Zest & juice of 1 lemon
5 tablespoons extra-virgin olive oil, divided
1 teaspoon salt, divided
2 large heads cauliflower
2 teaspoons smoked paprika
1 teaspoon garlic powder
2 medium shallots, minced
1 clove garlic, minced
2 (15 ounce) cans no-salt-added butter beans, rinsed
½ cup water
¼ teaspoon ground pepper
2 teaspoons sherry vinegar

Preheat grill to medium.

Pulse almonds, 4 tablespoons parsley, basil, chives, lemon zest and juice, 2 tablespoons oil and 1/4 teaspoon salt in a food processor until chopped.

Place cauliflower heads on a cutting board, stem-side down. Using a large chef's knife, cut two 1/2-inch-thick slices from the center of each head to make 4 "steaks." (Reserve the remaining cauliflower for another use.) Brush the steaks with 2 tablespoons oil. Combine paprika, garlic powder and 1/2 teaspoon salt in a small bowl. Sprinkle the mixture on both sides of the steaks.

Grill the steaks, turning once, until tender and nicely charred, 12 to 14 minutes total.

Meanwhile, heat the remaining 1 tablespoon oil in a medium saucepan over medium heat. Add shallots and garlic and cook until the shallots start to soften, about 1 minute. Add beans, water, pepper and the remaining 1/4 teaspoon salt. Cook, stirring occasionally, until hot, about 5 minutes. Remove from heat and stir in vinegar and the remaining 1 tablespoon parsley.

Serve the cauliflower steaks over the beans, topped with the pesto and more herbs, if desired.

Submitted: Mrs. Audry's Recipes To Try Out

1 head of cauliflower
1/8 cup of olive oil
1/2 tsp granulated garlic
1/4 tsp sea salt
1/2 cup of nutritional yeast (not to be confused with brewer's yeast – this is a highly nutritious condiment)
Optional (to add spice): 1/4 tsp black pepper, 1/4 tsp crushed red pepper, or a sprinkle of cayenne pepper

Preheat oven to 400 degrees. Wash and clean the cauliflower. Cut off and discard the stems. Cut the cauliflower florets into small pieces. In a large bowl, combine the olive oil, garlic, salt and nutritional yeast. Add the cauliflower pieces and thoroughly coat each piece. Place cauliflower pieces onto a baking sheet lined with parchment paper. Bake for one hour, turning a few times during cooking. You will want them to look browned.

Delicious Crispy "fried" Okra Submitted: Mrs. Julia's Favorite Simple Recipes

1 to 2 bags of cut frozen okra
2 tablespoons of melted coconut oil or spray
Season to taste (Himalayan pink salt, pepper, garlic powder, onion powder)

Preheat oven to 400°F.

Coat/toss okra in large bowl with oil and seasonings. Spread okra evenly on baking sheet (line with parchment paper for easy clean up). Bake for 30 to 45 minutes until partially crispy/browned. Remove from oven and enjoy!

Roasted Vegetables

Submitted: Mrs. Felicia's Recipes to Try (taken from Jentezen Franklin's Fasting Guide)

1 large head of broccoli, florets chopped off from the stalk
1 large zucchini, chopped into half moons
1 large yellow squash, chopped into half moons
1 large sweet potato chopped to 1-inch squares
1 cup cherry tomatoes, sliced in half
3 carrots, chopped
8 ounces baby bella mushrooms, sliced
¼ cup olive oil
2 teaspoons ground black pepper

Preheat oven to 425 degrees. In a large bowl, toss all the vegetables together with olive oil, salt and pepper. Divide the vegetables between two sheet pans.

Roast vegetables for 35-40 minutes, removing the vegetables from the oven every 15 minutes to stir around.

You can roast any type of vegetable you want! Adjust amount of olive oil and pepper based on the amount of veggies you're roasting. Great to make ahead and heat up for lunch. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

SIMPLE MEAL IDEAS

Simple Meal Ideas:

Submitted: Adam & Vernesa's Tried & Loved

On a plate serve a baked sweet potato with collard greens and some black-eyed peas (either canned or from the recipe above).

On a plate serve a baked potato with steamed broccoli and corn

On a plate serve cooked quinoa with roasted vegetables

On a plate serve brown rice with corn, fat free refried beans, and salsa

On a plate serve roasted potatoes with roasted vegetables

SMOOTHIE/DRINK IDEAS

Berry Smoothie (Adapted from Chef Julia) Submitted: Adam & Vernesa's Tried & Loved

1 banana
½ c frozen blueberries or strawberries
1-2 whole dates (optional)
1 Tablespoon each of ground flax seed, walnuts, and hemp seed (optional-adds a lot of nutrition)
1 cup [plant](#) based milk (unsweetened soy or almond are our favorites)
1/2 cup ice (optional)

Add all ingredients to the blender. Add more milk for a thinner shake and less for a thicker shake.

Taste and adjust flavors, adding more banana or dates for sweetness.

Sweet Spinach Smoothie Submitted: Mrs. Audry's Recipes To Try Out

1 cup water or non-dairy milk (almond, coconut, rice, or soy milk)
1 Bosc pear, unpeeled, cored (or any choice of pear)
1 cup fresh spinach leaves, packed
1 frozen banana
1 tablespoon flaxseed meal, optional
1/2 tablespoon kelp powder, optional
1/2 tablespoon spirulina powder, optional

Add all ingredients to the blender. Add more milk for a thinner shake and less for a thicker shake.

Refreshing Detox Strawberry Lemonade Submitted: Mrs. Julia's Favorite Simple Recipes

1 quart of purified water
1 to 2 tablespoons of apple cider vinegar (with the mother)
2 Large Organic Strawberries
2 or 3 Organic lemon slices
1 or 2 drops of strawberry extract (optional)
½ cup Ice

Blend strawberries in blender or Ninja with 1/2 cup of ice until completely blended. Add to quart size jar/glass with all other ingredients. Top with lemon slices. Stir and sip all day or all at once! A refreshing and delicious way to say good riddance to all those nasty toxins!

Holiday Pumpkin Pie Sipper Submitted: Mrs. Julia's Favorite Simple Recipes

2 Rooibos tea bags
6 ounces of boiling water and 6 ounces of almond or cashew milk
1 tablespoon of Organic Pumpkin puree (canned)
¼ teaspoon pumpkin pie spice
1 to 2 dashes vanilla extract

1 to 2 pinches of Mineral salt

Steep tea bags for several minutes in boiling water. Discard tea bags and blend all ingredients in large mug

with stick blender. Let cool. Pour over ice or enjoy

warm if you prefer.

Power Packed Green Juice Cleanser
Submitted: Mrs. Julia's Favorite Simple Recipes

3 Organic celery stalks
1 Organic green apple cored and sliced/quartered
1 large handful of fresh Organic spinach
2 large fresh Organic kale leaves
½ Organic lemon
½ Organic cucumber
¼ inch fresh ginger
Ice (optional)

Add each ingredient to juicer. Be sure to load softer ingredients to juicer first, followed by firmer ingredients for optimal juice extraction. Once everything has been juiced and pour over ice if desired. This recipe can be modified as you see fit. Add in berries, pineapple, melons etc. but be sure to keep the base "green" ingredients for the most health benefits. Drink this juice 1 to 3 times per day and get ready for a new and improved YOU!

SNACK IDEAS

SNACK IDEAS

Submitted: Adam & Vernesa's Tried & Loved
Best snacks are FRUITS and VEGETABLES

Apple Nachos

Slice one apple (green is best) and drizzle peanut or almond butter. sprinkle some chopped nuts (raw), unsweetened coconut, and raisins (optional)

Vegetables with Ranch (Chef Julia)

Submitted: Adam & Vernesa's Tried & Loved
Cashew Ranch Dressing

½ cup raw cashews, soaked for 30 minutes
¾ cup soy/nut milk
½ tbsp apple cider vinegar
1 tsp onion powder
½ tsp garlic powder
⅛ tsp celery seed

½ tsp dried dill
¼ tsp mustard powder
¾ tsp sea salt

Mix all ingredients in a blender until smooth

Roasted Garlic Hummus:

Submitted: Adam & Vernesa's Tried & Loved

1 (15 oz) can chickpeas, drained
2-3 Tbsp fresh lemon juice
3 Tbsp tahini
1 garlic clove and ½ tea garlic powder
1 tsp salt or to taste
¼ tsp ground cumin
2 - 3 Tbsp water

To a food processor add chickpeas, lemon juice, tahini, salt, and cumin then pulse mixture 2 minutes. Scrape down sides and bottom of food processor, add garlic to food processor. Pulse 1 minute, then add water and pulse 1 - 2 minutes longer.

If you don't want to make your own, Trader joes sells a plant-based hummus called "Eggplant hummus" that is delicious.

Small roasted eggplant (optional, it gives it a creamy texture)

Date Balls

Submitted: Adam & Vernesa's Tried & Loved

2 cups raw walnuts or other nut/seed of choice (you can buy at Sprouts)
1 cup shredded unsweetened coconut
2 cups soft Medjool dates , pitted
½ teaspoon [sea salt](#)
1 teaspoon [vanilla extract](#)

become oily, so process until crumbly, but sticky when pressed between your fingers.

In a large food processor, process the walnuts and coconut until crumbly. Add in the dates, vanilla and sea salt and process again until a sticky, uniform batter is formed. You don't want to over process, or the batter will

Scoop the dough by heaping tablespoons, then roll between your hands to form balls. Arrange them on a baking sheet lined with parchment paper, then place in the fridge or freezer to set for at least 30 minutes before serving. Store the balls in a sealed container in the fridge for up to a week, or in the freezer for an even longer shelf life. NOTES: For a gourmet-looking truffle, you could also roll them in shredded coconut or cocoa

powder before chilling. I like to roll mine in chopped

hazelnuts.

Black Bean Dip

Submitted: Mrs. Audry's Recipes To Try Out

1 tablespoon extra-virgin olive oil
1 cup diced onion + 1 clove garlic, minced
1 cup diced red bell peppers (about 1 large pepper)
1/2 cup water
2 (15.5-ounce) cans black beans, rinsed and drained
2 tablespoons fresh parsley or 1 1/2 teaspoons dried parsley
1/2 teaspoon dried crushed rosemary
1/4 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large skillet over medium heat. Add onions and red peppers and cook until onion is soft and translucent. Stir in garlic, and cook for 30 seconds, stirring frequently so garlic doesn't burn.

Place water and 2 cups beans in food processor or blender; process until smooth. Pour the pureed beans into skillet and stir. Add the remaining beans, parsley rosemary, salt, and pepper. Reduce heat to low and cook 15 minutes, stirring occasionally. Transfer to a serving dish and serve warm.

Popcorn

Submitted: Adam & Vernesa's Tried & Loved

Pop popcorn in a popcorn maker or a paper brown bag in the microwave. When finished spray Bragg's Coconut Aminos on it and enjoy!

Strawberry Ice-Cream

Submitted: Mrs. Audry's Recipes To Try Out

2 cups of sliced frozen bananas
2 cups of sliced strawberries
1/2 cup unsweetened coconut cream

Place bananas in a food processor or blender. Mix 30 seconds or until bananas are crumbly. Add strawberries and mix another 30 seconds. Scrape sides of processor or blender as needed.

Pour in coconut cream and mix until creamy and smooth (about 1 minute).

Store in a covered glass bowl in freezer 3-4 hours or until firm (but not solid). If the ice cream gets too hard to scoop, set it out on the kitchen counter to thaw until soft enough to serve (about 15-20 minutes)

For more inspiration:

www.eatingwell.com

www.cleanfoodcrush.com

Resources:

<https://chef-julia.com/>

<https://www.facebook.com/julia.dunaway>

<https://www.facebook.com/groups/1986506241637015> (Request to be added)

