

## Bean and Rice Casserole

---

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

### Ingredients:

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

### Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

**Yield:** four servings

## Stir Fry Vegetables with Brown Rice

---

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

### Ingredients:

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

### Preparation:

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

**Yield:** four servings

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

## Bean Curry and Rice

---

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

### Ingredients:

2	tablespoons olive oil	1	can garbanzo beans, drained and rinsed (15 ounce)
1	large white onion, chopped	1	can kidney beans, drained and rinsed (8 ounce)
1/2	cup dry lentils	1/2	cup raisins
2	cloves garlic, minced		salt and pepper to taste
3	tablespoons curry powder	8	cups cooked brown rice
1	teaspoon ground cumin		
1	pinch cayenne pepper		
1	can crushed tomatoes (28 ounce)		

### Preparation:

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

**Yield:** eight servings