

Antioch Christian Fellowship

COOK BOOK

Daniel Fast Recipes



**DELICIOUS &
HEALTHY FOOD**

With healthy ingredients &
easy to cook within 60 minutes!

A Collection of Wholesome

PLANT-BASED RECIPES FOR YOUR SPIRITUAL JOURNEY



**“I HUMBLLED
MY SOUL
WITH
FASTING.”**

Psalm 35:13

Welcome to "The 21-Day Fast Cookbook!" This collection of recipes is designed to support you on your spiritual journey, providing nourishing and delicious plant-based meals that align with the principles of our Solemn Assembly Fast. During this time of focused prayer and reflection, abstaining from certain foods allows us to turn our attention more fully to God.

This cookbook offers a variety of recipes that exclude bread, meat, sweets, and dairy, focusing instead on the abundance of fruits, vegetables, legumes, nuts, and seeds. Each recipe is crafted to be simple, flavorful, and satisfying, ensuring you remain energized and well-nourished throughout your fast.

May this cookbook be a blessing to you as you deepen your relationship with God.

Dr. Christopher J. Respass

A Collection of Wholesome

PLANT-BASED RECIPES FOR YOUR SPIRITUAL JOURNEY

TABLE OF CONTENTS

- Entrees 4 – 17
- Soups 18 – 20
- Salads 21 – 24
- Smoothies 25 – 31



**“I HUMBLLED
MY SOUL
WITH
FASTING.”**

Psalm 35:13

INGREDIENTS

- 1½ cups dry green/brown lentils
- 1 tbsp olive oil
- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 carrots, chopped
- 2 celery stalks, chopped

- 2 medium potatoes, cubed
- 6 cups water or vegetable broth

- 1 tsp thyme
- 1 bay leaf
- 1 tsp salt

HEARTY VEGGIES AND LENTIL STEW

- Heat olive oil; sauté onion and garlic (3 – 4 min).
- Add vegetables, lentils, spices, and liquid.
- Bring to boil, reduce heat, simmer 40 minutes until thick.



INGREDIENTS

- 2 cups cooked chickpeas
- 2 medium sweet potatoes, cubed
- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic
- 1½ tbsp curry powder
- 1 cup unsweetened coconut milk
- 1 cup water
- ¾ tsp salt

CHICKPEA AND SWEET POTATO CURRY

- Roast sweet potatoes at 400°F for 25 minutes.
- Sauté onion, garlic, and curry powder.
- Add chickpeas, coconut milk, water, and sweet potatoes.
- Simmer 15 minutes.



INGREDIENTS

- 1 tbsp olive oil
- 1 cup mixed vegetables (broccoli florets, carrots, snap peas, bell peppers, sliced)
- 2 cloves garlic, minced
- 1/2 inch ginger, grated
- 1/4 cup vegetable broth
- 1 tbsp soy sauce (or tamari for gluten-free)
- 1/2 tsp sesame oil

- Cooked brown rice, for serving

HEARTY VEGGIE STIR-FRY WITH BROWN RICE

- Heat olive oil in a large pan or wok over medium-high heat.
- Add vegetables and stir-fry for 5-7 minutes until tender-crisp.
- Add garlic and ginger, stir-fry for 1 minute until fragrant.
- In a small bowl, whisk together vegetable broth, soy sauce, and sesame oil. Pour over vegetables.
- Cook for another 2-3 minutes, allowing the sauce to thicken slightly.
- Serve hot over brown rice.



INGREDIENTS

- 4 large bell peppers, halved
- 2 cups cooked black beans
- 1 cup diced tomatoes
- ½ cup onion, diced
- 1 tsp cumin
- 1 tsp paprika
- 1 tbsp olive oil
- ¾ tsp salt

BLACK BEAN STUFFED BELL PEPPERS

- Mix beans, tomatoes, onion, spices, and oil.
- Stuff peppers.
- Bake at 375°F for 40 minutes.



INGREDIENTS

- 1 (15 oz) can black beans, rinsed and drained
- 1/2 cup cooked brown rice
- 1/4 cup finely chopped red onion
- 1/4 cup finely chopped bell pepper
- 2 tbsp oat flour (or finely ground oats)
- 1 tsp cumin
- 1/2 tsp chili powder
- Salt and pepper to taste
- 1 tbsp olive oil

BLACK BEAN BURGERS (PATTIES ONLY)

- In a large bowl, mash black beans with a fork until mostly smooth but still some texture.
- Stir in cooked brown rice, red onion, bell pepper, oat flour, cumin, chili powder, salt, and pepper until well combined.
- Form the mixture into 4 patties.
- Heat olive oil in a non-stick pan over medium heat. Cook patties for 5-7 minutes per side, until browned and heated through.



INGREDIENTS

- 1 tbsp olive oil
- 1 large sweet potato, peeled and diced
- 1/2 onion, chopped
- 2 cups kale, stems removed and chopped
- 1/4 cup vegetable broth
- Salt and pepper to taste
- Red pepper flakes (optional)

SWEET POTATO AND KALE HASH

- Heat olive oil in a large skillet over medium heat. Add diced sweet potato and cook, stirring occasionally, for 10-12 minutes until softened.
- Add chopped onion and cook for another 3-5 minutes until translucent.
- Stir in chopped kale and vegetable broth. Cover and cook for 3-5 minutes, until kale is wilted.
- Season with salt, pepper, and red pepper flakes if desired.



INGREDIENTS

- 2 large portobello mushroom caps, stems removed
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil
- 1 clove garlic, minced
- 1/2 tsp dried rosemary
- Salt and pepper to taste

PORTOBELLO MUSHROOM STEAKS

- Preheat oven to 400°F (200°C).
- In a small bowl, whisk together balsamic vinegar, olive oil, minced garlic, rosemary, salt, and pepper.
- Place mushroom caps on a baking sheet. Brush both sides generously with the marinade.
- Bake for 15-20 minutes, or until tender.
- Serve hot.



INGREDIENTS

- 1 large head cauliflower, chopped
- 4 cloves garlic
- 3 tbsp olive oil
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp pepper

CREAMY GARLIC MASHED CAULIFLOWER

- Steam cauliflower and garlic until soft.
- Blend with olive oil and seasonings.



INGREDIENTS

- 1 tbsp olive oil
- 2 medium zucchini, spiraled into noodles
- 1 (14.5 oz) can diced tomatoes
- 1/2 cup vegetable broth
- 2 cloves garlic, minced
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

CREAMY TOMATOR AND BASIL PASTA (ZUCCHINI NOODLES)

- Heat olive oil in a large skillet over medium heat. Add minced garlic and cook for 1 minute until fragrant.
- Stir in diced tomatoes and vegetable broth. Bring to a gentle simmer and cook for 5-7 minutes, allowing sauce to thicken slightly.
- Add zucchini noodles to the skillet. Toss gently with the sauce and cook for 2-3 minutes, until noodles are heated through but still slightly firm.
- Stir in fresh basil. Season with salt and pepper.



INGREDIENTS

- 1 tbsp olive oil
- 1 large bell pepper, sliced
- 1 large onion, sliced
- 8 oz cremini mushrooms, sliced
- 1 tbsp fajita seasoning (check ingredients for no sugar/dairy)
- Cooked brown rice or quinoa, for serving
- Fresh salsa, for topping

MUSHROOM AND ONION FAJITA BOWL

- Heat olive oil in a large skillet over medium-high heat.
- Add sliced bell pepper, onion, and mushrooms. Sauté for 7-10 minutes, until vegetables are tender and slightly browned.
- Sprinkle with fajita seasoning and toss to coat. Cook for another 2-3 minutes.
- Serve hot over brown rice or quinoa, topped with fresh salsa.



INGREDIENTS

- 1 lb Brussels sprouts, trimmed and halved
- 1 tbsp olive oil
- Salt and pepper to taste
- 2 tbsp balsamic vinegar

ROASTED BRUSSEL SPROUTS WITH BALSAMIC GLAZE

- Preheat oven to 400°F (200°C).
- Toss Brussels sprouts with olive oil, salt, and pepper on a baking sheet.
- Roast for 20-25 minutes, stirring halfway, until tender and caramelized.
- While sprouts are roasting, simmer balsamic vinegar in a small saucepan over medium-low heat until it reduces to a syrupy glaze (about 5-7 minutes).
- Drizzle the balsamic glaze over the roasted Brussels sprouts before serving.



INGREDIENTS

- 4 medium potatoes, cubed
- 1 large onion, sliced
- 2 tbsp olive oil
- 1 tsp rosemary
- 1 tsp thyme
- $\frac{3}{4}$ tsp salt

BAKED HERB POTATOES AND ONIONS

- Toss all ingredients.
- Bake at 400°F for 45 minutes, stirring halfway.



INGREDIENTS

- 1 tbsp olive oil
- 1 (15 oz) can cannellini beans, rinsed and drained
- 1 (14 oz) can artichoke hearts (in water, not oil), drained and quartered
- 2 cloves garlic, minced
- 1/2 cup vegetable broth
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste
- Red pepper flakes (optional)

WHITE BEAN AND ARTICHOKE SAUTÉ

- Heat olive oil in a large skillet over medium heat. Add minced garlic and cook for 1 minute until fragrant.
- Stir in rinsed cannellini beans and quartered artichoke hearts.
- Add vegetable broth and bring to a simmer. Cook for 5-7 minutes, allowing flavors to meld.
- Stir in fresh parsley. Season with salt, pepper, and red pepper flakes if desired.



INGREDIENTS

- 1 tbsp olive oil
- 4 cups broccoli florets
- 3 cloves garlic, thinly sliced
- 1/4 cup vegetable broth
- Salt and pepper to taste
- Lemon wedges (optional)

ROASTED BROCCOLI

- Heat olive oil in a large skillet over medium heat.
- Add broccoli florets and cook for 5 minutes, stirring occasionally.
- Add sliced garlic and vegetable broth. Cover and steam for 3-5 minutes, until broccoli is tender-crisp.
- Season with salt and pepper. Serve with lemon wedges if desired.



INGREDIENTS

- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 (14.5 oz) cans diced tomatoes
- 4 cups vegetable broth
- 1/2 cup fresh basil, chopped
- Salt and pepper to taste

TOMATO AND BASIL SOUP

- Heat olive oil in a large pot over medium heat. Add onion and cook until softened, about 5 minutes.
- Add garlic and cook for 1 minute until fragrant.
- Stir in diced tomatoes and vegetable broth. Bring to a simmer.
- Reduce heat to low, cover, and cook for 15-20 minutes to allow flavors to meld.
- Use an immersion blender (or transfer to a regular blender in batches) to blend until desired consistency (chunky or smooth).
- Stir in fresh basil. Season with salt and pepper.



INGREDIENTS

- 1 lb chopped okra
- 1 8oz can of stewed tomatoes (can sub with 1 lb. fresh diced tomatoes)
- 1/4 cup chopped white and yellow onions
- 1/4 cup chopped red and green bell peppers
- 1 lb. chopped zucchini squash
- 1 Tbsp Cajun seasoning
- 1 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp salt
- 3 Tbsp olive oil
- 1/2 cup water

OKRA ÉTOUFFÉE

- In medium skillet on medium temperature add 1 Tbsp of olive oil, white onions and okra. Sauté until okra softens about 5 minutes. Add 1/2 cup of water, cover skillet and let cook for 10 minutes on low medium low heat.
- In large skillet on medium temperature add remaining 2 Tbsp of olive oil. Stir in zucchini, yellow onions, red and green bell peppers. Toss ingredients until all are softened.
- In zucchini mixture adds tomatoes. Season to your taste with Cajun, cayenne, black pepper and salt. Alternate adding seasoning gradually.
- Combine okra with zucchini mixture in large skillet. Let cook 5 minutes.
- Best if served over brown rice or wheat pasta.



INGREDIENTS

- 2 tbsp oil
- 2 onions, chopped
- 1 pound green string beans broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 1 tsp salt
- 8 slices lemon
- 1 tbsp dried oregano
- 3 tbsp fresh basil
- 2 cloves chopped garlic
- 2 tbsp lemon juice

GREEK VEGETABLE SOUP

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



INGREDIENTS

- 2 cups mixed greens
- 1/2 cup cooked chickpeas
- 1/2 cup shredded carrots
- 1/2 cup shredded red cabbage
- 1/4 cup corn kernels (fresh or frozen)
- 1/4 cup pumpkin seeds

- Dressing:

- 2 tbsp olive oil,

- 1 tbsp apple cider vinegar,
- 1 tsp Dijon mustard (check ingredients),
- Salt and pepper to taste

RAINBOW POWER BOWL

- Arrange mixed greens in a bowl.
- Artfully arrange chickpeas, shredded carrots, red cabbage, and corn over the greens.
- Sprinkle with pumpkin seeds.
- Whisk together dressing ingredients and drizzle over the salad just before serving.



INGREDIENTS

- 1 (15 oz) can black beans, rinsed and drained
- 1 cup corn kernels (fresh or frozen)
- 1 bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Dressing: 2 tbsp lime juice, 1 tbsp olive oil, 1/2 tsp cumin, salt and pepper to taste.

BLACK BEAN AND CORN SALAD

- In a medium bowl, combine black beans, corn, bell pepper, red onion, and cilantro.
- Whisk together lime juice, olive oil, cumin, salt, and pepper.
- Pour dressing over the salad and toss to combine.
- Serve chilled.



INGREDIENTS

- 4 cups mixed greens
- 1/2 cucumber, sliced
- 1/4 cup cherry tomatoes, halved
- Dressing:
 - 2 tbsp olive oil
 - 1 tbsp lemon juice
 - 1/2 tsp dried oregano
 - Salt and pepper to taste

SIMPLE GREEN SALAD WITH LEMON VINAIGRETTE

- In a large bowl, combine mixed greens, cucumber, and cherry tomatoes.
- Whisk together olive oil, lemon juice, dried oregano, salt, and pepper.
- Pour dressing over the salad and toss gently.
- Serve immediately.



INGREDIENTS

- 4 cups mixed greens
- 1 apple, cored and diced
- 1/4 cup walnuts, chopped
- 2 tbsp dried cranberries (ensure no added sugar)
- Dressing: 2 tbsp apple cider vinegar, 1 tbsp olive oil, 1 tsp maple syrup (optional, check fast guidelines; omit if strict), pinch of salt and pepper.

APPLE WALNUT SALAD

- In a large bowl, combine mixed greens, diced apple, chopped walnuts, and dried cranberries.
- Whisk together dressing ingredients.
- Pour dressing over the salad and toss gently.
- Serve immediately.



INGREDIENTS

- 1 cup water
- 1 cup fresh spinach
- 1/2 green apple, cored and chopped
- 1/2 banana (fresh or frozen)
- 1/2 cup cucumber, chopped
- Juice of 1/2 lemon

GREEN POWER SMOOTHIE

- Combine all ingredients in a blender.
- Blend until smooth. Add more water if needed to reach desired consistency.



INGREDIENTS

- 1 cup water
- 1 cup mixed berries (fresh or frozen)
- 1/2 banana (fresh or frozen)
- 1 tbsp chia seeds

BERRY BLAST SMOOTHIE

- Combine all ingredients in a blender.
- Blend until smooth.



INGREDIENTS

- 1 cup water
- 1 cup frozen mango chunks
- 1/2 cup frozen pineapple chunks
- 1/2 tsp grated ginger

TROPICAL SUNSHINE SMOOTHIE

- Combine all ingredients in a blender and blend until creamy.



INGREDIENTS

- 1 cup water
- 1 cup frozen blueberries
- 1/2 cup shredded red cabbage (you won't taste it!)
- 1 tbsp ground flaxseeds

PURPLE ANTIOXIDANT SMOOTHIE

- Blend on high until the cabbage is completely pulverized.



INGREDIENTS

- 1 cup water
- 1 ripe pear (cored)
- 1/2 orange (peeled)
- a few fresh mint leaves

REFRESHING CITRUS AND PEAR SMOOTHIE

- Blend until liquid.



INGREDIENTS

- ½ cup Almond Milk or soy milk (100% non fat)
- ½ cup frozen strawberries or ½ cup fresh sliced strawberries and 4 ice cubes
- 1 small fresh peach, peeled

STRAWBERRY PEACH SMOOTHIE

- Pour milk into a blender frozen strawberries or fresh strawberries and ice, and peach slices. Blend until smooth and creamy.



INGREDIENTS

- 3 ½ cups chopped strawberries
- 3 bananas, peeled and sliced
- ¼ cup orange juice, (i.e., from a juicer)
- 1 ¼ cup soy/Almond milk (100% non fat)
- 1 ½ tablespoons honey
- 1 cup ice

OLD FASHIONED STRAWBERRY BANANA SMOOTHIE

- Combine all ingredients in a blender and puree until smooth

