**Fasting Recipes and Websites**

https://www.jentezenfranklin.org/fasting

https://danielfast.wordpress.com/category/daniel-fast-recipes/

http://daniel-fast.com/myrecipes/

https://hollyfurtick.typepad.com/the\_preachers\_wife/daniel-fast/

(Be sure to look in the comment section because some recipes have been left by others.)

Tortilla Soup Ingredients:

1 carrot chopped

1 celery stick chopped

1 medium onion chopped

3 garlic cloves, pressed

2 tbsp olive oil

8 c vegetable broth

1 can of black beans (Libby's organic have no added salt, found them at Walmart)

16 oz frozen corn

1 red tomato chopped

1 yellow tomato chopped

1/4 c chopped cilantro

2-3 tsp sea salt

1 lime

6 corn tortillas

Directions:

Heat oil in the bottom of the pot and saute the first 4 ingredients until soft. Add everything else except the tortillas. Low boil for about 30 minutes. Add tortillas. Cook for another 10 minutes.

Serve topped with fresh chopped avocado and green onion.

Rice Dish: Cook some brown rice. While that is cooking saute some onions. Once the onions are as tender as you like them, add a cup of corn, a can of black beans and some salsa. Put the rice in the mixture and heat through and eat!

Mid-afternoon snack: All natural crunchy peanut butter (Smuckers just has peanuts) and apples.

Lunch Ideas: Salad with dressing by Harvest Farms.

Potatoes: Cut them into cubes and put in a glass dish, put on a little olive oil, then flavor with sea salt or whatever else you like! Put tin foil over the top, bake at 425 until they are as crispy as you like them. Usually 20-25 minutes!