

DANIEL FAST RECIPES 2020

BREAKFAST and SMOOTHIES

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'If you are willing and obedient, you will eat the good things of the land' (Isaiah 1:19)

SNACKS

Page 6

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. (John 6:35)

LUNCHES AND QUICK MEALS (LESS THAN 30 MINS)

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'So whether you eat or drink or whatever you do, do it all for the glory of God' (1 Corinthians 10:31)

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'Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.'"(John 6:27)

SAMPLE MEAL PLANS

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'In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.'" Daniel 10:12-13

BREAKFAST

'If you are willing and obedient, you will eat the good things of the land' (Isaiah 1:19)

Oats with Soy Milk or Almond milk

1/2 cup rolled oats

1/2 cup plain unsweetened soy milk

1/2 cup water

1 Tbsp ground flaxseed

- On stove bring soy milk and water to a boil, than add rolled oats and ground flaxseed. Simmer with a lid for about 10 minutes. Stir as often as needed, make sure liquid doesn't boil over! Delicious:)

Overnight Oats

120g oats

375ml almond milk or oat milk or coconut milk

1 tablespoon chia seeds

Handful of raisins

1 grated apple

Handful of sunflower seeds

Other tasty additions: Chopped Dates, cinnamon, nutmeg, banana, walnuts,

1. Put in a jar, and mix well, leave in the fridge overnight. Amazing breakfast



Coconut Date Bars

Ready in 40 mins



1/3 cup slivered almonds

1/2 cup flaked coconut

10 pitted dates, or to taste

1/4 cup cashews, or to taste

Blend almonds and coconut in a food processor; add dates and pulse until combined. Add cashews and coconut oil; pulse until mixture is thick and sticks together. Transfer to a sheet of waxed paper; form into a square, folding sides of waxed paper over the top. Refrigerate until solid, at least 30 minutes.

Quinoa breakfast bowl

Quinoa is a good source of protein among grains and plant-based foods. It tastes great in the morning when served with your favorite milk substitute and topped with fresh fruit and some nuts or seeds.



2 cups Almond or Soy Milk (unsweetened)

1/2 teaspoon ground cinnamon

1 vanilla bean, seeded

2 cups cooked quinoa

1 cup blueberries

1/4 cup sliced almonds

1. In a large glass measuring cup, whisk together milk, cinnamon and vanilla bean seeds.
2. Scoop the quinoa evenly into serving bowls.
3. Serve immediately with milk mixture, topped with blueberries, almond

Breakfast Tofu Stir-fry

Serves 2

The tofu is about the same consistency as egg whites and it soaks up the flavours of whatever it's being cooked with. Very easy, tastes great, and lots of protein.

1 tablespoon olive oil	pieces
1 medium onion, sliced	garlic salt to taste
1/2 green pepper, chopped	Italian herbs to taste
1 cup firm tofu, diced in bite-sized	

1. Heat a frying pan or wok over medium heat. Add oil and heat for a couple minutes.
2. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

SMOOTHIES

Chia Chai Smoothie

Chia seeds add fiber and protein, among other nutrients. They're also high in omega-3 fatty acids and have more antioxidants than blueberries. Because of their ability to absorb large amounts of water, they expand in the stomach and help you feel full.

1 banana, frozen	1/4 teaspoon cinnamon
1 Medjool date, pitted	1/4 teaspoon ginger
1/2 cup almond milk	1/8 teaspoon nutmeg
1 tablespoon chia seeds	Dash of cloves
1/4 teaspoon cardamom	Dash of black pepper



Instructions

1. Combine all ingredients in a blender and blend until smooth.

Banana Nut Smoothie

1 extremely ripe banana (preferably frozen)

1 tablespoon of Natural Chunky peanut butter (or your favorite natural nut butter)

1 cup of unsweetened Soy/Rice/Almond milk

1. Blend together and enjoy! If you don't have time to freeze the banana just throw in a few cubes of ice before you blend.

Oats Banana Nut Smoothie

1 cup almond milk (chilled in freezer
30 mins. before blending)

2 tbsp. uncooked rolled oats

1 ripe banana (sliced and frozen)

2 tbsp. natural crunchy peanut butter

1/4 tsp ground cinnamon

1 pinch grated nutmeg *optional

Directions:

1. Combine first 4 ingredients in a blender; in that order, starting with the milk - and blend on the highest setting until smooth (about 2 minutes due to the thickness of peanut butter and banana.
2. Sprinkle with cinnamon and nutmeg.
3. Serve immediately.

SNACKS

Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. (John 6:35)

- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apple and Peanut butter
- Sliced fruit
- Veggies
- Popped popcorn (no sugar or sweeteners)
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

Homous

400g can chickpeas, drained

80ml extra virgin olive oil

1-2 fat garlic cloves, peeled and crushed or garlic powder

1 lemon, juiced then ½ zested

3 tbsp tahini



1. Thoroughly rinse the chickpeas in a colander under cold running water. Tip into the large bowl of a food processor along with 60ml of the oil and blitz until almost smooth. Add the garlic, lemon and tahini along with 30ml water. (Add this as ice cubes to reduce the bitterness of the mis. Blitz again for about 5 mins, or until the hummus is smooth and silky.
2. Add 20ml more water, a little at a time, if it looks too thick. Season and transfer to a bowl. Swirl the top of the hummus with the back of a dessert spoon and drizzle over the remaining oil

Notes: If you don't like the taste of raw garlic use garlic powder.

Roasted Red Pepper Homous

POPPY
Recommends

Serves 2

410g can chickpeas

1 large garlic clove

2 roasted red peppers from a jar

1 tbsp lemon juice

2 tbsp olive oil, plus a bit extra for drizzling

½ tsp chilli powder

1. Rinse and drain the chickpeas, then tip them into a food processor. Peel the garlic and crush in with the chickpeas, along with plenty of salt and pepper. Whizz briefly.
2. Remove any stray seeds from the peppers, then add them to the processor with the lemon juice, olive oil and chilli. Blitz again until really smooth. Taste and add extra seasoning and chilli for more of a kick, if you like.



2-Ingredient Peanut Butter Date Bars

- 1 cup dates, pitted
- 1 cup peanuts, dry-roasted

Instructions

1. Combine dates and peanuts in a food processor or high-powered blender. Pulse until mixture sticks together and small chunks of peanuts remain.
2. Press mixture into a 9x5 loaf pan, using a piece of wax paper or a spatula to smooth out the top.
3. Refrigerate for about an hour or until set.
4. Slice and enjoy!



BBQ Roasted Chickpeas

Ingredients

1 can (15 oz) chickpeas (garbanzo beans), drained and rinsed

2 tablespoons olive oil

1/2 teaspoon apple cider vinegar

1 teaspoon paprika

1/2 teaspoon chili powder

1/2 teaspoon cumin

1/2 teaspoon kosher salt

1/4 teaspoon garlic powder

1/4 teaspoon ground mustard

1/4 teaspoon onion powder

Instructions

1. Rinse chickpeas well and allow them to dry. Pat with a paper towel to remove any remaining dampness.
2. In a medium bowl, mix oil, vinegar and spices. Add chickpeas and stir to coat.
3. Transfer chickpeas to a rimmed baking sheet lined with parchment paper and bake at 400 degrees for 35-40 minutes.



SOUPS

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (Matthew 4:4)

Carrot & Coriander Soup

1 tbsp Vegetable Oil

1 Onion, chopped

1 tsp ground coriander

1 potato, chopped

450 g carrots, peeled and chopped,

1.2l vegetable stock

1. Heat the oil in a large pan, add the onion then fry for 5mins until softened. Stir in the ground coriander and potato then cook for 1 minute. Add the carrots and stock, bring to the boil then reduce the heat. Cover and cook for 20 minutes until the carrots are tender.
2. Blitz in a food processor (you may need to do it in two batches!). Return to the pan, add salt if necessary and reheat to serve.

Kale and Apple Soup

Serves 4-6

1 onion, finely diced

1 large carrot, finely diced

2 celery sticks, finely diced

1 clove garlic, crushed

2 medium cooking apples, chopped

2 pts veg stock

3 large handfuls curly kale, chopped



1. Fry onion, carrot and celery for 2-3 mins then put lid on pan and sweat for 10 mins, stirring occasionally until cooked.
2. Add garlic and apples, stir again.
3. Add stock. Bring to boil and simmer for 10 mins.
4. Add kale and cook for further 5 mins.
5. Remove from heat, allow to cool slightly then blend until smooth.
6. Serve sprinkled with seeds of your choice, pumpkin, sunflower etc

Leek, parsnip and ginger Soup

Serves 4-6.

8oz/225g leeks, sliced

10z/25g fresh root ginger, peeled and finely chopped

1 ½ lbs/675g parsnips, roughly chopped

2 ½ pints veg stock

Seasoning to taste

1. Gently fry leeks and ginger for 2-3 mins until leeks begin to soften.
2. Add parsnips and cook for further 7-8 mins until they begin to soften.
3. Add stock and bring to boil. Reduce heat and simmer for 15-20 mins until parsnips tender.
4. Blend until smooth. Season to taste. Enjoy now or freeze for later.

Freezes well

Easy Peasy Pea Soup!

Serves 4-6.

1 onion, chopped

1 ½ pints/ 852ml veg stock

1lb/454g frozen peas

Seasoning to taste

1. Cook onion in little of stock for approx 5 mins until tender.
2. Stir in peas and remaining stock.
3. Bring to boil, cover and simmer for 5 mins.



4. Remove from heat and leave to cool for 5 mins.
5. Blend until smooth. Enjoy now or freeze for later.

Freezes well

Root Vegetable Soup

Serves about 6.

3 medium carrots, chopped

1 large potato, chopped

1 large parsnip, chopped

1 small swede, chopped

1 onion, chopped

2 ½ pints water

1 piece fresh root ginger, peeled and grated

Half pint milk

Seasoning to taste

1. Fry all veggies lightly for few minutes then cover and allow to sweat on low heat for 15 mins, shake pan occasionally to stop sticking.
2. Add water, bring to boil, cover and simmer for 20 mins until veg are soft.
3. Add ginger then blend until smooth. It will be quite thick.
4. Return to pan and add milk to your desired consistency, reheat and enjoy.

Freezes well

Sweet potato and parsnip Soup

Serves about 6.

1 large leek, sliced

2 celery sticks, chopped

1 lb/ 450g sweet potato, peeled and diced

8 oz/ 225g parsnips, diced

1 ½ pints/ 900ml veg stock



Seasoning to taste

1. Gently fry veg for approx 5 mins
2. Stir in stock. Bring to boil, cover and simmer for approx 20 mins until veg are soft. Stir occasionally. Season to taste. Remove from heat and allow to cool slightly.
3. Blend until smooth. Reheat and enjoy or freeze for another day.

Freezes well

Smoky Potato Chickpea Stew

Serves 6

POPPY
Recommends

2 Tbsp olive oil

pinch red pepper flakes

2 cloves garlic

15 oz can fire roasted diced tomatoes

1 tsp fresh grated ginger

2 russet potatoes (1.75-2 lbs total)

1 onion

15 oz can chickpeas

1 Tbsp curry powder

4 cups vegetable broth

1 Tbsp smoked paprika

1/4 lb. fresh kale, chopped

Instructions

1. Finely dice the onion, mince the garlic, and grate the ginger. Add the onion, garlic, and ginger to a large soup pot with the olive oil and sauté over medium heat until the onions are soft and transparent.
2. Add the curry powder, smoked paprika, and red pepper flakes to the pot and continue to stir and cook for 1-2 minutes more to toast the spices.
3. While the onion, garlic, and ginger are sautéing, peel the potatoes and cut them into 1-inch cubes. Drain the chickpeas.
4. Once the spices are toasted, add the potatoes, fire roasted diced tomatoes (with juices), and chickpeas to the pot. Pour the vegetable broth over top, then stir until everything is combined.



5. Place a lid on the pot, turn the heat up to medium-high, and allow it to come to a boil. Once boiling, turn the heat down to low and allow the soup to simmer with the lid in place for 45 minutes, stirring occasionally.
6. After 45 minutes, stir the stew well and smash the potatoes against the side of the pot to help them break down and thicken the stew. Add the chopped kale and stir it into the stew until it has wilted. Taste the soup and adjust the salt or other spices if desired. Serve hot with crusty bread or crackers.

LUNCHES AND QUICK MEALS (LESS THAN 30 MINS)

***God gives food to every creature. His love endures forever.
(Psalm 136:25)***

Scrambled Tofu Tortilla's

Serves 4

- 1 red onion (finely chopped)
- 1 red bell pepper (finely chopped)
- 1 clove garlic (minced)
- 14oz extra firm tofu (or one block)
- oil for frying
- 2/3 teaspoons vegan chicken style seasoning (I used Bouillon powder)
- Salt to taste

Directions

1. Place your chopped onion, bell pepper, and garlic in a frying pan with about 1 teaspoon of oil and saute it on the stove on medium-high heat. Remove from heat when your onions are beginning to change colour. Set the whole thing aside.
2. In a bowl (or save a dish and do it right into your pan) crumble your tofu and mix in your seasonings. If you like your tofu cubed rather than crumbled, you could totally do that for this recipe as well. Pour 1 teaspoon of olive oil on the bottom of a frying pan and place on your stove on medium to medium-high heat. Dump your tofu on top of your olive oil, and give it a little stir. Continue stirring every minute or so until your tofu begins to get firm-ish around the edges Really, though, you can call it "done" whenever you very well please. Raw tofu won't make you sick. :)
3. Gently fold your onion/pepper mixture into your tofu. Serve hot, and enjoy! I like mine in some whole wheat tortillas with salsa. (I did some celery, carrot & other veg I had in, cooked up in some passata). Delicious!!



Peanut Marinade for Tofu

1 Teaspoon sweet chilli sauce

¼ cup/60mls soy sauce

2 garlic cloves – crushed

2 ½ tablespoons/40g peanut butter

1 rounded tablespoon? brown sugar (or honey) to taste

- Mix well and use to marinade tofu, Quorn or anything I guess!!!

Colourful Asian Quinoa Salad with Edamame Beans

POPPY
Recommends

For the Salad:

1 cup quinoa

2 cups water

1/4 teaspoon salt

1 cup chopped red cabbage

1 cup shelled and cooked edamame
(can use frozen)

1 red bell pepper chopped

1/2 cup shredded carrots

1 cup diced cucumber

For the dressing:

1/4 cup lite soy sauce or tamari
sauce low sodium

1 tablespoon sesame oil

1 tablespoon rice wine vinegar

2 tablespoons chopped green onion

1/4 cup chopped cilantro

1 tablespoon sesame seeds

1/4 teaspoon grated ginger

1/8 teaspoon red pepper flakes

Salt and black pepper to taste (taste
before adding salt, you might not need
any)



Instructions

1. Add water, quinoa, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork.
2. Place the quinoa in a large bowl and add the cabbage, edamame, red pepper, carrots, and cucumber. Set aside.
3. In a small bowl, whisk together the soy sauce, sesame oil, rice wine vinegar, green onions, cilantro, sesame seeds, ginger, red pepper flakes, salt, and pepper.
4. Pour the dressing over the quinoa salad and stir to combine.
5. Note-Make sure you use tamari for a gluten-free salad, not all soy sauce is gluten-free. This salad is good served at room temperature or chilled.

Speedy Tomato Pasta

*CLAIRE
Recommends*

2 servings pasta, we use brown rice pasta

Pinch of chilli flakes

2 garlic cloves, peeled and roughly chopped

200g cherry tomatoes, roughly chopped

200g button mushrooms, sliced

Handful of fresh spinach

2 tablespoons tomato puree

1 teaspoon paprika

½ teaspoon cayenne pepper

Drizzle of olive oil



Juice of half a lemon

Pinch of sea salt

Pinch of pepper

1. Start by cooking the pasta, cooking time varies so follow the on pack instructions.

2. While the pasta is cooking, sauté the garlic with a pinch of salt and a drizzle of olive oil.
3. Add the chopped tomatoes and sliced mushrooms, with a sprinkling of paprika and cayenne pepper.
4. Once those have cooked nicely stir through the tomato puree and add the spinach, letting it wilt.
5. When the pasta is cooked, drain and stir it into the sauce.
6. Serve with lots of black pepper, chilli flakes and salt, and I like a squeeze of lemon juice too.

Quick Dal Makhani

Recipe yields 4 servings.

*CERI
Recommends*

This dal makhani is rich, creamy and loaded with flavour. It's also lighter and quicker to make than other recipes!

2 tablespoons avocado oil or extra-virgin olive oil

1 medium yellow onion, chopped

3 cloves garlic, pressed or minced

1 tablespoon minced fresh ginger

1 jalapeño pepper, seeds and membranes removed, minced

1 1/2 teaspoons Garam Masala

1/2 teaspoon Ground Cumin

1/2 teaspoon Ground Coriander

1/2 teaspoon salt

Freshly ground black pepper

1 tin chopped tomatoes 1 cup uncooked Green or Black lentils

1 tin kidney beans, rinsed and drained

5 cups water

1 bay leaf

1 tablespoon lime juice, plus additional lime wedges for serving

Optional coconut milk



Chopped coriander for garnish

INSTRUCTIONS

1. Heat the oil, add the onion, garlic, ginger and jalapeño, and cook until softened, stirring occasionally, about 4 to 6 minutes.
2. Stir in the garam masala, cumin, coriander and salt. Season generously with black pepper. Cook, while stirring, for 1 minute.
3. Add the tomatoes and cook for 1 more minute, while stirring. Add the lentils, kidney beans, water and bay leaf. Raise the heat to medium-high and bring the mixture to a simmer. Reduce the heat to medium-low and simmer until the lentils are nice and tender, stirring occasionally, about 35 minutes.
4. Remove the bay leaf. Transfer 2 cups of the mixture (make sure to get some liquid with the lentils) to a blender. Blend until smooth.
5. Transfer the blended mixture back to the pot and stir to combine. Add the lime juice and season to taste with salt. Add coconut milk if using.

STIR FRY'S

'My heart is stirred by a noble theme' (Psalm 45:1)

Broccoli, Pepper and Tofu Stir Fry

- | | |
|-----------------------------------------|---------------------------------------------|
| 1 container (14 ounces) firm light tofu | 3 teaspoons toasted sesame oil |
| 2 tablespoons reduced-sodium soy sauce | 1 red bell pepper , chopped |
| 2 tablespoons honey | 1 tablespoon minced fresh ginger |
| 1 tablespoon rice vinegar | 3 garlic cloves, minced |
| 1 teaspoon cornstarch | 1/2 cup unsalted cashews |
| 3 cups broccoli florets | 3 scallions, chopped |
| | 2 cups cooked brown rice |

Instructions

1. Place the tofu on a paper towel set on a dinner plate. Top with a second paper towel and another dinner plate. Place a can or other similar weight on the upper plate and leave for 20 minutes to press excess water from the tofu.

2. Meanwhile, bring a medium pot of water

to a boil. Combine the soy sauce, honey, vinegar, and cornstarch in a small bowl.

3. Add the broccoli to the boiling water, return to a boil, and cook for 1 minute, or until bright green. Drain and set aside.

4. Transfer the tofu to a cutting board and cut into 1/2" to 3/4" cubes. Heat 2 teaspoons of the sesame oil in a large nonstick skillet over medium-high heat. Add the tofu and cook, stirring occasionally, for 4 to 5 minutes, or until lightly golden. Transfer the tofu to a plate and set aside.



5. Heat the remaining 1 teaspoon oil in the skillet. Add the pepper and cook, stirring occasionally, for 1 minute. Add the ginger and [garlic](#) and cook for 30 seconds, or until fragrant. Stir in the broccoli and tofu, and cook for 1 1/2 minutes, or until hot. Stir the soy sauce mixture to recombine and add to the skillet along with the cashews. Cook, stirring, for 1 minute. Remove from the heat and stir in the scallions. Serve over the rice.

Peanut, Pepper and Tofu

Prep 10 mins, Cook 10 , Ready In 20 m

1 tablespoon peanut oil	½ cup hot water
1 small head broccoli, chopped	2 tablespoons vinegar
1 small red bell pepper, chopped	2 tablespoons soy sauce
5 fresh mushrooms, sliced	1 1/2 tablespoons molasses
1 pound firm tofu, cubed	Ground cayenne pepper to taste
½ cup peanut butter	

- Heat oil in a large skillet or wok over medium-high heat. Saute broccoli, red bell pepper, mushrooms and tofu for 5 minutes.
- In a small bowl combine peanut butter, hot water, vinegar, soy sauce, molasses and cayenne pepper. Pour over vegetables and tofu. Simmer for 3 to 5 minutes, or until vegetables are tender crisp.

CREATIVE DINNERS (MORE THAN 45 MINS)

‘So whether you eat or drink or whatever you do, do it all for the glory of God’ (1 Corinthians 10:31)

CLAIRE
Recommends

SWEET POTATO, LENTIL & COCONUT CURRY

2 large sweet potatoes (mine weighed 500g), peeled and cut into bite sized chunks

1 and a 1/2 cups of green lentils (500g)

2 x 400g tins of coconut milk

2 x 400g tins of tinned tomatoes

a big handful of fresh coriander leaves (25g)

1 tablespoon of turmeric

1 tablespoon of cumin

1 tablespoon of ground ginger

salt and pepper

Juice of 1 lemon

1. Preheat oven to 180c, fan setting.
2. Place the coconut milk, tomatoes, turmeric, cumin and ground ginger in a large saucepan or even better a cast iron casserole dish, allow these to heat until they begin bubbling. At this point add the sweet potato cubes, lentils, plus salt and pepper.
3. Once everything is mixed simply place the lid on the pot and place it in the oven to cook for 45 minutes to an hour, until the potatoes are soft and everything tastes delicious! At this point squeeze the lemon juice into the pot and then serve.



Vegan Taco Meat

Serves 6

CERI
Recommends

- 1 head cauliflower, broken into large florets
- 8 ounces mushrooms

- 2 carrots, peeled and chopped into 1-inch pieces
- 1 medium yellow onion, quartered
- 2-3 cloves garlic, peeled
- 1/4 cup sun-dried tomatoes
- 1 cup raw sunflower seeds or walnuts

Seasoning mix

- 3 tablespoons chilli powder
- 1 tablespoon ground cumin
- 1 tablespoon salt
- 1.5 teaspoons oregano
- 1.5 teaspoons paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon cornstarch, optional
- 1 cup water, or more as needed

Instructions

1. In a food processor, pulse the sunflowers (or walnuts) and sun dried tomatoes until a fine meal forms. Set aside in a small bowl.
2. Using the same food processor bowl (no need to wash), switch from the s-blade to the shredding attachment.
3. Process the cauliflower, mushrooms, carrots, onions and garlic. If you don't have a shredding attachment, pulse small amounts using the S-blade until finely chopped but not pureed.
4. In a large nonstick skillet, cook the shredded vegetables over high heat until the moisture has evaporated and the vegetables are cooked through, about 6 minutes.
5. Reduce the heat to medium.
6. Add the sunflowers and sun-dried tomato mixture into the skillet, and cook for 1 minute.
7. Add the seasoning mix and cook for 1 minute.



8. Add the water and cook for 3-5 minutes until the most of the water has evaporated (it's ok if there's a little bit of sauce still in the pan).

Mujadara (Lentils and Rice with Caramelised Onions)

Serves 4

*CERI
Recommends*

INGREDIENTS

4 medium cloves garlic, smashed and peeled	1 cup regular brown or green lentils**, picked over for debris, rinsed and drained
2 bay leaves	
1 tablespoon ground cumin	1/3 cup extra-virgin olive oil
1 3/4 teaspoons fine sea salt, divided	2 medium yellow onions, halved and thinly sliced
Freshly ground black pepper	1/2 cup thinly sliced green onions (from 1 bunch), divided
5 cups water	
1 cup brown* basmati rice, rinsed and drained	1/2 cup chopped fresh coriander or flat-leaf parsley, divided

INSTRUCTIONS

1. In a large pan combine the garlic, bay leaves, cumin, 1 1/2 teaspoons of the salt and about 20 twists of freshly ground black pepper. Add 5 cups water and bring the mixture to a boil over medium-high heat.
2. Once boiling, stir in the rice and reduce the heat to medium. Cover and cook, stirring occasionally and adjusting the heat as necessary to maintain a controlled simmer, for 10 minutes.
3. Stir in the lentils and let the mixture return to a simmer. Cover again, reduce the heat to medium-low, and cook until the liquid is absorbed and the rice and lentils are tender, about 20 to 23 minutes.
4. Meanwhile, warm the olive oil in a large (12-inch) skillet over medium-high heat. When it's warm enough that a slice of onion sizzles on contact, add the remaining onions. Stir to combine.
5. Stir only every 3 minutes or so at first, then more often once the onions at the edges of the pan start browning. If the onions are browning before they have softened, dial down the heat to give them more time. Cook until the

onions are deeply caramelised and starting to crisp at the edges, about 20 to 30 minutes. In the meantime, line a large plate or cutting board with a couple paper towels.

6. Using a slotted spoon or fish spatula, transfer the onions to the lined plate and spread them evenly across. Sprinkle the remaining 1/4 teaspoon salt over the onions. They'll crisp up as they cool.
7. When the lentils and rice are done cooking, drain off any excess water (if there is any) and return the mixture to the pot, off the heat. Lay a kitchen towel across the top of the pot to absorb steam, then cover the pot and let it rest for 10 minutes.
8. Remove the lid, discard the bay leaves, and smash the garlic cloves against the side of the pan with a fork. Add about 3/4ths of the green onions and cilantro, reserving the rest for garnish. Gently stir and fluff the rice with a fork. Season to taste with additional salt and pepper, if necessary.
9. Transfer the rice and lentil mixture to a large serving platter or bowl. Top with the caramelised onions and the remaining green onions and coriander. Serve hot, warm or at room temperature, with yogurt and spicy sauce (optional) on the side.

Italian Lentil Quinoa Balls

Serves: 20-24 balls

1 cup green lentils, rinsed & drained	1½ Tbsp Italian seasonings
¼ cup quinoa, rinsed and drained	¼ cup sunflower seeds, ground to a fine powder
1 Tbsp olive oil for cooking onions + 2-3 Tbsp for sautéing lentil balls	¼ cup fresh basil, thinly sliced + extra for garnish
1 yellow onion, minced	Sea Salt and pepper to taste
1 tsp garlic powder	

Instructions

1. Rinse and drain the lentils, cook according to package. (I let them cook a few extra minutes to make it easier to mash.) Drain the excess water, transfer to a large bowl and mash with the back of a fork until you don't see anymore whole beans.

2. Rinse and drain quinoa. Cook according to package directions, add to the bowl with the mashed lentils.
3. Mince onion, saute in olive oil in a large pan, over medium heat for 8 minutes. Add onions to the bowl with lentils and quinoa. Don't wash or drain the pan because you're going to cook the lentil balls in the reserved onion infused olive oil.
4. Use a food processor to blend the sunflower seeds to a fine powder, add to the bowl.
5. Add basil, Italian seasonings, garlic powder, salt and pepper to lentil mix. Using your hands, mix until everything is completely combined.
6. If the mixture feels dry to you, add 1 tbsp olive oil to the mixture.
7. Form medium sized balls and shape with your hands. Once all balls are shaped, add a little more olive oil to the pan and arrange your lentil balls in the pan. Cook for 8-10 minutes, occasionally turning the balls to let all sides brown. They're delicate, so be careful when rotating. I use rubber tongs to handle them in the pan.
8. Serve immediately – can serve over wholewheat or gluten pasta.



Whole Grain Risotto with Spinach & Mushrooms

3 tablespoons olive oil, divided

Half a medium onion, diced

2 cloves garlic, minced

4 cups (32 ounces) vegetable broth, divided

1 cup short-grain brown rice (brown Arborio rice)

8 ounces Cremini (baby portobello) mushrooms, rinsed and sliced



6 ounces baby spinach

1 tablespoon tamari

Black pepper, to taste

Instructions

1. Move oven rack to middle position and preheat oven to 375 degrees.
2. Heat 1 tablespoon olive oil in a Dutch oven over medium heat. Sauté onion until it begins to brown, then add minced garlic and cook 1 minute more.
3. Add 3 cups vegetable broth, cover and bring to a boil. Remove from heat and stir in the rice. Cover the pot and bake 65 to 70 minutes, until rice is tender.
4. During the last 20 minutes of baking time, prepare the mushrooms. Warm 2 tablespoons olive oil in a large skillet over medium heat. Cook mushrooms for 12-14 minutes, stirring occasionally, until they are fragrant and darker in color. During the final 5-6 minutes, add the spinach and toss until soft and wilted.
5. Remove the pot from the oven. The rice will look dry at this point, but that's okay. Pour in the remaining cup of broth, tamari and a generous amount of black pepper. Stir vigorously for 2 to 3 minutes, until the rice is thick and creamy. Stir in the mushrooms and spinach along with any remaining juices.

From <https://danielfastfoodie.com/whole-grain-risotto-with-spinach-mushrooms-dairy-free>

The Lord is my Shepherd 's Pie (with Quorn Pieces)

Serves 4

Approx 905g mashing potatoes

1 onion or half leek

Half pint veg stock

2 x 235g bags Quorn pieces

284ml passata

410g kidney beans, drained & rinsed

1. Pre-heat oven to 200c/gas mark6.



2. Peel and chop pots, boil until mashable, drain and mash!
3. Peel and chop onion/leek, place in pan with half stock, simmer for 5 mins.
4. Add Quorn. Passata, kidney beans, remaining stock & seasoning, bring to boil, cover & simmer for 5 mins.
5. Transfer to ovenproof baking dish.
6. Put mashed potato on top and spread over Quorn mixture.
7. Bake for approx half hour until golden.

YUMMY!!

Add 1-2 tspn mild chilli powder to Quorn mix if you like.

When not on Daniel Fast can be topped with grated cheese.

The Lord is my Shepherd's Pie (with Lentils)

Serves 4

900g mashing potatoes	1 red pepper, de-seeded & cubed
1 onion or half leek, chopped	1 tspn dried thyme
2 large carrots, peeled & cubed	280ml veg stock
2 celery sticks, finely sliced	400g can chopped toms
2 garlic cloves, crushed	410g can green lentils

1. Pre- heat oven to 180c/gas mark 4.
2. Boil potatoes, drain & mash. Set aside.
3. Fry onion/leek for 3-4mins until softened.
4. Add carrots, celery, garlic, pepper, thyme, stock & tomatoes. Bring to boil then simmer for 10 mins.
5. Add lentils, with their juice. Cover & simmer for further 10 mins until lentils soft & pulpy & carrots still have a little bite.
6. Transfer mixture to large pie dish & top with mashed potato.
7. Cook in oven for 20-25 mins until top lightly golden.

YUMMY!!

When not on Daniel Fast, delicious topped with grated cheese!!

Sweet Potato Wedges

Sweet potato wedges 2 large sweet potatoes, peeled and cut into thick wedges

1 tablespoon cinnamon

1 tablespoon paprika

Drizzle of olive oil, Pinch of salt

Lentil and Mushroom Bolognese

Serves 6

20g / 0.7 oz dried shiitake or porcini mushrooms – or replace with normal mushrooms

2 tbsp / 30 ml olive oil

1 medium onion, finely diced

4 large garlic cloves, finely diced

2 short celery stalks, very finely diced

2 small carrots, very finely diced

125 g / 5 oz chestnut mushrooms, finely diced

2 sprigs rosemary, leaves chopped finely

2 sprigs thyme

1 tsp smoked paprika

1. Rinse the dried mushrooms well to get rid of any grit and place them in a small bowl. Cover the dried mushrooms with boiling water. Set aside for later.
2. Heat up the olive oil in a heavy-bottomed pan. Add the diced onion and sauté on a low heat for a few minutes, until the onions are almost translucent, but not coloured.

1/3 tsp grated nutmeg

½ tsp chilli flakes, adjust to taste

approx. 1 tsp salt, adjust to taste

1 cup / 240 ml Veg Stock

2 x 400 g / 28 oz tins quality peeled plum tomatoes

100 g / ½ cup dry [Puy](#) (or green) lentils, rinsed

black pepper, to taste



3. Add the chopped garlic and sauté for another 1-2 minutes.
4. Finally add the diced celery, carrot and chestnut mushrooms. Sauté, stirring frequently, for another 5 minutes or so.
5. Meanwhile, chop the re-hydrated dry mushrooms (do not throw the liquid away) very finely.
6. Add the diced dry mushrooms to the pan, together with the chopped rosemary leaves, whole thyme springs, smoked paprika, nutmeg, chilli (if using) and 1 tsp of salt. Stir everything around for a minute or so.
7. Add the dry mushroom stock, being careful not to tip the grit that sometimes gathers at the bottom of the dish over.
8. After the mixture comes to a gentle simmer, add the veg stock for about 10 minutes. Add both tomato cans and about 1 cup (240 ml) of water (I like to rinse my cans with it first).
9. If you used plum tomatoes, like I did, break them up with a spoon first. Put the lid on and allow the sauce to bubble on a low-medium heat until the tomatoes have broken down (about 30 minutes).
10. Half way through the simmering, add the dry lentils into the pan (they take about 25 minutes to cook).
11. Once the tomatoes have broken down, take the lid off and start reducing the sauce on a low-medium heat. If the pan is starting to look a bit too dry, add another cup of water (pasta cooking water is best) and cook until you achieve the desired consistency. Remember to give the sauce a good stir from time to time to ensure that the middle of the pan does not burn.

STEWES AND ONE-POT DISHES

'No Need to get in a Stew over dinner'

***“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
(Matthew 6:25)***

Black- eyed Bean Chilli

Serves 4

1 onion or half leek, finely chopped

2 garlic cloves, crushed

2 tspn ground cumin

1 tspn sweet smoked paprika

400g can chopped tomatoes

200ml veg stock

2 x 400g cans black-eyed beans , drained & rinsed

1. Fry onion/leek for 5 mins, until softened & golden
2. Add garlic, cumin & paprika, fry for further 2-3 mins.
3. Add tomatoes & stock, bring to boil then simmer for 15-20 mins, until liquid has reduced & mixture has thickened.
4. Season to taste then add black-eyed beans & continue to cook for 5 mins.
5. Delicious on jacket potato, rice, pasta, bulgur wheat.....

When not on Daniel Fast, tasty topped with cheese too.

Quorn Sausage and Butter Bean Stew

Serves 4

8 Quorn, or other vegan friendly,
sausages

2tbsp tomato puree

1 onion or half leek

2tbsp fresh time, chopped

4 garlic cloves

410g can butter beans, drained

400g can chopped tomatoes

2tbsp fresh parsley, chopped

1. Cook sausages. Cut each into four pieces.
2. In separate pan, fry onion/leek for 5 mins until softened.
3. Add garlic 7 cook for further 2 mins.
4. Add tomatoes, tomato puree, thyme & half pint water. Bring to boil then simmer for 20 mins.
5. Add beans & sausages, cook for 10 mins until sauce has thickened.
6. Season to taste, stir in parsley and enjoy.
7. Goes well with any type potato, rice, pasta.....



Rice and black bean casserole

Serves: 6

Prep time: 30 mins, Cook time: 40 mins, Total time: 1 hour 10 mins

2 cups cooked rice

4 scallions - chopped

1 bouillon cube

1 medium zucchini - grated

½ lime - juiced

1 half jar of salsa - about 8 oz

1 15 oz can of black beans

1 14.5 oz can of diced tomatoes

1 bag of spinach

2 cups of cheddar cheese - grated

1 garlic clove - minced

1 tbs parsley - minced

1 10 oz package frozen corn

1. Preheat oven to 350 degrees. Cook rice per package directions - add bouillon cube to water. When done, let rice sit covered for 10 minutes. After rice has cooled, fluff and toss with lime juice.
2. Add rice to a large bowl. You'll be adding all the ingredients in to this bowl.



3. Drain black beans and add to bowl.
4. Saute spinach and minced garlic in a little oil until slightly wilted. Add to bowl.
5. Add corn and scallions to saute pan and cook over medium heat for 3 minutes.
6. Add corn and scallions to bowl. Add grated zucchini, salsa, can of diced tomatoes (and juice in the can) , 1 cup of grated cheese to the bowl.
7. Mix everything together in the bowl.
8. Lightly grease a 10 x 8 casserole.
9. Pour rice and black bean mixture in to casserole pan Top mixture with remaining 1 cup of grated cheese. Bake in the oven for 40 minutes Remove and sprinkle minced parsley over the top as a garnish.

Sweet Potato Black Bean Casserole

Serves 6

Prep time: 10 mins Cook time: 25 mins Total time: 35 mins

<p>1 large sweet potato, peeled and diced (cook in the microwave for about 3-5 minutes, to soften)</p> <p>1 (15 oz.) can black beans, drained and rinsed</p> <p>1 (14.5 oz.) can diced tomatoes, drained</p> <p>½ an onion, chopped</p> <p>1 red or green bell pepper, chopped</p> <p>1 teaspoon chili powder</p>	<p>1 teaspoon garlic salt</p> <p>½ teaspoon ground cinnamon</p> <p>1 cup salsa, divided</p> <p>2-4 tortillas, depending on size (corn, flour, sprouted, gluten-free or whole wheat)</p> <p>shredded cheese, use vegan as desired (optional)</p> <p>Salt & pepper to taste</p>
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Instructions

1. Preheat oven to 400 degrees F. Spray an 8 x 8 baking dish with a natural cooking spray; set aside.
2. In a large bowl, combine diced sweet potato, black beans, tomatoes, onion, bell pepper, chili powder, garlic salt, and cinnamon.

3. Spread ½ cup salsa on the bottom of the baking dish. Arrange a tortilla on top, ripping into strips to get the right fit. Spoon a large layer of sweet potato/black bean mixture over tortilla strips. Spread the remaining ½ cup salsa over the sweet potato/black bean layer.
4. Add one more layer of tortillas and then add the rest of the sweet potato/black bean mixture over the tortilla layer. Top with cheese, if using.
5. Bake, uncovered, 20-25 minutes and until cheese is melted and top is slightly browned. Let stand 5 minutes. Cut into squares and serve. Top with additional salsa, cilantro, and/or avocado, if desired.

Simple Vegetable Chilli

Serves 4

3 carrots	8 tomatoes (or can chopped toms)
2 onions or 1 leek	500ml carton passata
2 green chillies	400g tin kidney beans, drained
1 red pepper	6 tbspn freshly chopped coriander
2 courgettes	

1. Roughly chop all veg, finely chop chillies.
2. Fry carrots, onions & chillies for 5-6 mins until softened.
3. Add pepper & courgettes, fry for further 5 mins, stirring continuously.
4. Add tomatoes & passata, bring to boil then simmer for 20 mins, stirring occasionally.
5. Add kidney beans, coriander & seasoning to taste. Simmer for further 10 mins.
6. Delicious with rice, jacket potato, pasta or bulgur wheat....

Omit chillies if not to your taste, still very tasty. (then called Vegetable Not-Chilli!!)

When not on Daniel Fast, can be topped with cheese!

Very Beany Chilli

Serves 4 large or 6 moderate

INGREDIENTS

2 tablespoons extra-virgin olive oil

1 medium red onion, chopped

*FRANCES
Recommends*

1 large red bell pepper, chopped	1 Tin chopped tomatoes
2 medium carrots, chopped	2 tins black beans, rinsed and drained
2 ribs celery, chopped	1 tin pinto beans, rinsed and drained
1/2 teaspoon salt, divided	2 cups vegetable broth or water
4 cloves garlic, pressed or minced	1 bay leaf
1 teaspoon chili powder	2 tablespoons chopped fresh coriander, plus more for garnishing
2 teaspoons ground cumin	
1 1/2 teaspoons smoked paprika	
1 teaspoon dried oregano	

INSTRUCTIONS

1. Heat oil and add the chopped onion, bell pepper, carrot, celery and 1/4 teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the garlic, chilli powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto 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 chilli from the heat.
4. For the best texture and flavour, transfer 1 1/2 cups of the chilli to a blender, making sure to get some of the liquid portion. Securely fasten the lid and blend until smooth (watch out for hot steam), then pour the blended mixture back into the pot.
5. Add the chopped coriander, stir to blend, Add salt to taste, too—I added 1/4 teaspoon more at this point. Divide the mixture into individual bowls and serve with garnishes of your choice. This chilli will keep well in the refrigerator for about 4 days or you can freeze it for longer-term storage.

DESSERTS

'Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.'

(John 6:27)

Banana 'ice cream'



CLAIRE
Recommends

8 Large bananas

1. Peel 8 large bananas and chop, put in a bowl and freeze for at least 6 hours.
2. Remove from freezer just before you want to eat it and put them in a food processor and blend until smooth. You can add frozen berries at this point. Eat!

SAMPLE MEAL PLANS

If you have looked at the list of the foods available during the Daniel Fast and have found the prospect of putting together a nutritious and delicious meal daunting then the following meal plans (and recipes) may help you. Those tried and tested by members of the congregation are clearly marked. Good luck!

Day 1

Breakfast:

Museli (unsweetened – please read packaging carefully or make your own) with almond milk

Lunch:

Carrot & Coriander Soup

1 tbsp Vegetable Oil
1 Onion, chopped
1 tsp ground coriander
1 potato, chopped
450 g carrots, peeled and chopped,
1.2l vegetable stock

1. Heat the oil in a large pan, add the onion then fry for 5mins until softened. Stir in the ground coriander and potato then cook for 1 minute. Add the carrots and stock, bring to the boil then reduce the heat. Cover and cook for 20 minutes until the carrots are tender.
2. Blitz in a food processor (you may need to do it in two batches!). Return to the pan, add salt if necessary and reheat to serve.

Dinner:

Vegetable and butter bean hotpot

2tbsp olive oil
3 celery stalks, chopped
2 sweet potatoes, cubed
1 garlic clove

1tbsp chopped thyme (not essential)

Tin tomatoes

200ml veg stock

1 tbsp not sun dried tomato paste

Tin butter beans

1. Heat oil in a pan. Fry the celery and sweet potato until soft. Add in the garlic and thyme then tomatoes, stock, paste and bring to the boil. Simmer 15mins. Add in the butter beans and simmer for a further 5mins.
2. Accompany with tortillas/ whole grain flatbreads or roasted potatoes (if desired).

Roasted potatoes

Small new potatoes

Olive Oil

Salt and pepper

- Par boil the potatoes for 5mins, drain, toss in olive oil salt and pepper then roast in the oven until crisp and golden (around 45mins).

Day 2

Breakfast:

Breakfast stir-fry (serves 2)

The tofu is about the same consistency as egg whites and it soaks up the flavours of whatever it's being cooked with. Very easy, tastes great, and lots of protein.

1 tablespoon olive oil

1 medium onion, sliced

1/2 green pepper, chopped

1 cup firm tofu, diced in bite-sized pieces

garlic salt to taste

Italian herbs to taste

Heat a frying pan or wok over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Lunch:

Rosemary Oatcakes with Nut Butter

This is great for lunches with banana or avocado, and are also nice with nut butter! Make in advance to make your lunch quick and easy.

2 ¼ cups rolled oats
½ teaspoon fine sea salt
1 teaspoon dried rosemary
1/3 cup olive oil
2-3 tablespoons boiling water

Pulse 1 1/4 cups of the rolled oats in a food processor until you have a course meal, not quite as fine as flour, but no big pieces left. Measure 1 teaspoon of dried rosemary and add to the bowl. Mix all of the dried ingredients together. Add 1/3 cup of oil and then add the water.

Mix until you see the mixture start to bind together. The hot water reacts with the ground up oats, so the mixture should begin to stick together. Then gather the mixture up in your hands and form a ball.

Let the ball of dough rest for a few minutes. While it rests, grab a rolling pin and either a cookie cutter or a sharp knife. You'll also need a spatula, and a baking tray. I prefer to roll out the dough on a sheet of parchment paper, which you can also use to line the baking tray.

Roll out the dough to a quarter of an inch thick. The dough may crack. To fix the cracks and keep the dough together, press the dough back together with your hands. Now, either use the cookie/biscuit cutter to cut out circles, or use the sharp knife to cut squares.

Use the spatula to lift the dough and place on to the parchment paper-lined baking sheet. Bake in a 180 degree oven for 20 minutes. After 18-20 minutes, take the oat cakes out of the oven and flip each over. Place back in the oven and bake for 5-7 more minutes.

Transfer the oat cakes to a cooling rack and allow to cool completely.

Nut Butter (Makes 1 jar)

1 cup of almonds
½ a cup of pecans
½ a cup of walnuts
6 medjool dates (or 11 normal dates)

1 tablespoon of coconut oil
1 tablespoon of cinnamon

Simply place the almonds, walnuts and pecans into your food processor and begin to blend, after about five minutes they should be totally broken down and on their way to a liquid – at this point add the dates (pit them first), the coconut oil and the cinnamon. Then blend again, it should take about fifteen minutes to become totally smooth and creamy and you may need to scrape the nuts off the side of the processor a few times while it mixes.

Once it's ready put the butter into an airtight container and enjoy!

Dinner:

Cashew and spinach curry (Serves 4)

3tbsp nut butter/ olive oil
1 onion, finely diced
2 cloves garlic, minced
1 dried chilli, chopped
1tbsp garam masala
1tsp ground ginger
100g cashew nuts
400ml coconut milk
800g chickpeas, drained and rinsed
500g frozen spinach, defrosted
100g coriander, leaves and stems, coarsely chopped

Heat the butter over a low heat, add the onion, garlic and chili and cook for 10 minutes until everything is browned. Add the dry spices and cashews, and cook for a further few minutes.

Turn the heat down and add the coconut milk, chickpeas and defrosted spinach. Cook, stirring constantly, for another 10 minutes. Season, stir in the coriander, and serve with brown rice.

Day 3

Breakfast:

Porridge made with oats and almond or soy milk

Lunch:

Sweet corn and black bean salad (Serves 4)

½ cups sweet corn (fresh or frozen)
1/3 cup pine nuts
1/4 cup lime juice
2 tablespoons extra-virgin olive oil
1/4 cup chopped fresh coriander
2 x 400g cans black beans, rinsed
2 cups shredded red cabbage
1 large tomato, diced
1/2 cup minced red onion

Place pine nuts in a small dry frying pan over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk the lime juice, oil, coriander, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Freshly ground pepper and salt to taste just before serving

Dinner:

Peperonata

These are nice served with Falafels.

1.5kg potatoes peeled and cut into 2cm cubes
150ml oil.
1 red onion thinly sliced
4 Romano peppers, deseeded and cut into thin slices
3 cloves garlic thinly
2 tbsp Red Wine Vinegar
1 tsp paprika

Preheat oven to 200/Gas 5. Cook the potatoes in salted water, drain well and leave to steam dry. Put oil in roasting tray and place in oven for 5 minutes. Add the potatoes and season well. Roast for 45-60 minutes.

Meanwhile, heat 2 tbsp oil, add the onion and cook over gentle heat until soft, add the peppers, garlic and sprinkling of thyme. Cover and cook on a low heat

for 26-30 minutes, stirring often until the peppers are totally soft. Mix in the vinegar and pa prika. When the potatoes are cooked toss together and serve.