

Black Bean Chili Bake

This main dish recipe is one of the most popular on my Ultimate Daniel Fast website. . . .and for good reason! Black Bean Chili Bake is easy to make, for one thing. But, the outstanding flavor is the real winner here. That's why adults and kids of all ages love it.

☆☆☆☆☆ 0 from 0 votes



COURSE

Main Course



SERVINGS

6

INGREDIENTS

- 2 15-ounce cans black beans, rinsed and drained
- 2 cups cooked brown rice
- 2 8-ounce cans tomato sauce
- 1 14.5-ounce can corn kernels, drained
- 1 cup chopped jarred roasted red bell peppers
- 1/2 cup diced onion
- 1 tablespoon chili powder

INSTRUCTIONS

1. Preheat oven to 350 degrees. Put beans in a large bowl, and mash. Add tomato sauce, rice, peppers, corn, onions, and chili powder. Stir to combine. Rub a 9 by 13-inch casserole dish with olive oil, and place mixture in it. Bake 20 minutes, or until heated through.
2. Yield: 6 servings (serving size: about 1 cup)

NOTES

- Spread on top of [Broiled Polenta Squares](#).
- Additional topping ideas include avocado slices, cherry tomatoes, green onions, or black olives.
- To roast bell peppers, cut peppers in halves or quarters; remove seeds and membranes. Place peppers on a baking sheet, skin side up. Place the baking sheet on a rack in the oven about 4 inches from the broiling unit. Broil 20 minutes, or until skins are blackened. Immediately transfer the peppers to a paper or plastic bag; seal and let stand 20 minutes. The steam within the bag will help to loosen the skins. Remove from the bag. When cool enough to handle, remove peel with hands or a knife.

Brown Rice Stir-fry with Orange Sauce

I love stir-fry recipes, especially when I'm out of ideas on what to cook for dinner. Usually I have some brown rice already steamed and stored in the freezer, which makes putting together a stir-fry quick and easy. Even if you don't feel confident in the kitchen, you can make this recipe! Toss the vegetables in a little olive oil. Add the rice and seasonings, and you've got yourself a healthy, filling meal.

★★★★★ 5 from 2 votes



COURSE

Main Course



SERVINGS

4

INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 cups chopped broccoli, stems and florets or ½ 16-ounce bag cut broccoli, cooked
- 1 cup chopped carrots
- ½ cup chopped onion
- ¼ cup Bragg's Liquid Aminos, Coconut Aminos, or soy sauce
- ¼ cup unsweetened orange juice
- 1 clove garlic, minced
- 1 teaspoon fresh grated ginger root or ¼ teaspoon ground ginger
- 3 cups cooked brown rice
- ¼ cup toasted chopped walnuts
- 2 tablespoons chopped green onion

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through, and serve.
2. Yield: 4 servings (serving size: about 1 ¼ cups)

NOTES

- Use a cheese grater for the ginger root.
- Add 1 cup canned chickpeas, drained.

- [Bragg's Liquid Aminos](#) is an alternative to soy sauce that has no added salt or preservatives. Bragg's Liquid Aminos is a Certified NON-GMO (not genetically modified) liquid protein concentrate, derived from healthy soybeans, that contains 16 essential and non-essential amino acids.
- [Coconut Aminos](#) is another soy sauce alternative (the kind I prefer, although I used Bragg's for years).

Cajun Red Beans and Rice

I love to cook, but I'm not too fond of the grocery shopping part of it. Anyone with me? Many times I let my refrigerator and pantry get pretty bare before I finally give in and head to the store. Sometimes, though, that's when my creative juices start flowing. When there isn't much to work with as far as ingredients goes, I often come up with my tastiest recipes. One night I only had a few canned ingredients, cooked brown rice in the fridge, and several fresh vegetables. The result? This classic Louisiana-style main dish recipe.

★★★★★ 4.5 from 4 votes



COURSE

Main Course



SERVINGS

8

INGREDIENTS

- ½ tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water
- 2 teaspoons Creole Seasoning
- 1 15.5-ounce can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

INSTRUCTIONS

1. Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.
2. Yield: 8 servings (serving size: ½ cup)

NOTES

- Serve with sliced avocado and/or sliced green onions.
- Add 1 (14.5-ounce) can diced tomatoes.
- Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Chipotle Black Bean Burgers

The meaty taste of the black beans, combined with chipotle chile pepper seasoning, makes these burgers a hot Daniel Fast menu item.

★★★★☆ 2.41 from 22 votes



COURSE

Main Course



SERVINGS

6

INGREDIENTS

- 1 15-ounce can black beans, rinsed and drained
- 1 cup mashed cooked sweet potatoes, about 1 large sweet potato, peeled
- ¼ cup oat flour or brown rice flour see Recipe Notes
- ½ tablespoon dried parsley
- ¼ teaspoon chipotle chile pepper seasoning
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about ¼ of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper.
2. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.
3. Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.
4. Yield: 6 servings (serving size: 1 burger)

NOTES

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about ¾ cup ground oats).

Coconut Rice

This main dish recipe is slightly sweet with a hint of lime. It's unique and flavorful, containing a nice amount of protein from the beans and nutritious carbohydrates from the sweet potatoes.

☆☆☆☆☆ 0 from 0 votes



COURSE

Main Course



SERVINGS

8

INGREDIENTS

- 1 cup dry brown rice
- 1 cup dry wild rice
- 2 cups water
- 1 14- ounce can unsweetened coconut milk (about 2 cups)
- Pinch of salt
- 1 large sweet potato, peeled, diced and cooked (about 3 cups)
- 1 cup sweet peas, cooked
- 1 cup canned black beans, rinsed and 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

INSTRUCTIONS

1. 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, uncovered, until liquid evaporates, about 40-45 minutes.
2. While rice is cooking prepare the rest of the ingredients. Keep vegetables and beans warm. When rice is finished, add remaining ingredients. Stir well, and serve immediately.
3. Yield: 8 servings (serving size: about 1 cup)

NOTES

- Mix in chopped macadamia nuts before serving.

- You can use all brown rice instead of half wild rice.
- Substitute carrots or butternut squash for the sweet potato.
- Coconut milk is a highly nutritional food with many health benefits. All you have to do is a quick search online, and you will find a long list of reasons why it's good for your body: 1) The saturated fat in coconut is made up of short-chain and medium-chain fatty acids that the body quickly turns into energy instead of storing as fat., 2) It contains many vitamins, minerals and electrolytes such as potassium, calcium and chloride, 3) Coconut milk is a dairy-free alternative to those who are lactose intolerant or allergic to animal milk, and 4) It's known to relieve the symptoms of sore throats and ulcers.

Spaghetti Squash with Basil-Walnut Cream Sauce

Spaghetti squash is a fascinating vegetable because it looks like pasta and tastes like pasta. This recipe can be served as the main dish or a side dish. Either way, it's certain to be a big hit, especially with kids!

☆☆☆☆☆ 0 from 0 votes



COURSE

Main Course



SERVINGS

8

INGREDIENTS

- 2 pounds spaghetti squash

Sauce

- 1 cup unsweetened almond milk
- 1 cup walnuts
- 1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)
- ½ cup fresh parsley, lightly packed
- 2 cloves garlic, minced
- ¼ teaspoon salt
- 1/8 teaspoon pepper

INSTRUCTIONS

1. Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.
2. During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.
3. While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.
4. Pour sauce over spaghetti squash, and stir well to coat. Serve immediately.
5. Yield: 8 servings (serving size: about ½ cup)

NOTES

- Substitute whole grain pasta for the spaghetti squash.
- Add cooked broccoli and/or sliced olives.

