



Cajun Red Beans and Rice

1/2 tablespoon extra-virgin olive oil

1/2 cup chopped green pepper

1/2 cup chopped red onion

1/2 cup sliced celery

1/4 cup water

2 teaspoons Creole Seasoning

(see recipe below)

1 (15.5-ounce) can red kidney beans, rinsed

and drained

2 cups cooked brown rice

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.



Cauliflower Fried Rice

1 tsp sesame oil

3 cloves garlic, minced

4 carrots, peeled and diced (225 g)

1/2-1 tsp red pepper flakes, to taste

Riced cauliflower

4 green onions, diced

1 cup frozen green peas

1 cup frozen corn

Use any desired veggies

Sea salt and pepper, to taste

Bring the sesame oil to medium-high heat in a wok or large pan. Add the garlic and stir for a minute or two.

Add the carrots and continue cooking for 3 minutes or so until they start to soften. Add the red pepper flakes, riced cauliflower, peas, green onion, peas, corn and other desired veggies. Cook for about 10 minutes until the cauliflower is tender, stir often.

Serve immediately.



The Daniel Fast

Providence Missionary Baptist Church
2295 Benjamin E, Mays Drive SW
Atlanta, GA 30311
(404) 752-6869 | providenceatlanta.org

Rev. Damon P. Williams, Ph.D.
Senior Pastor



Fast Observance

Our Lenten fast begins on Ash Wednesday, March 1, 2017 and ends on Resurrection Sunday, April 16, 2017.

The reason we fast is to seek an intimate relationship with God, ridding ourselves of unnatural foods and redirecting our focus from our flesh's desires to the Lord's. Our whole purpose is to focus on God wholeheartedly.

Post your recipes on social media (Facebook, Instagram, and Twitter) and tag us @providenceatl for a chance to win a \$25 gift card!



Foods included in the Daniel Fast:

Vegetables: Asparagus, artichokes, broccoli, beets, bean sprouts, carrots, cabbage, celery, cauliflower, chili peppers, cucumbers, corn, cactus, eggplant, ginger root, garlic, kale, lettuce, leeks, mustard greens, collard greens, mushrooms, onions, okra, potatoes, pickles, parsley, rutabagas, radishes, spinach, sprouts, scallions, sweet potatoes, squashes, turnips, tomatoes, water chestnuts, yams.



Fruits: Apricots, apples, black berries, blue berries, boysenberries, bananas, cherries, cranberries, cantaloupe, dragon fruit, figs, grapes, grapefruit, guava, honeydew melons, kiwi, lime, lemons, mangoes, nectarines, peaches, pears, pineapples, papayas, plums, prunes, raspberries, raisins, strawberries, tangerines, tangelos, watermelon.

Beans and Legumes: Red beans, black beans, pinto beans, split peas, black eyed peas, Lentils., etc.

Whole Grains: barley, brown rice, oats

Nuts and seeds

Drinks: 8+ glasses of water, fresh fruit/vegetable juices with no added sugars

Seasoning: Sea salt and herbs only

Foods NOT included in the Daniel Fast:

Sugar products: Desserts, soft drinks, candies, sugar, refined sugar, sugar substitutes

Dairy: milk, cheese, butter

Meat: seafood, poultry, beef, pork

Drinks: Caffeine, soft drinks, coffee

Seasoning: Salt that is not sea salt or herbs

Be sure to avoid these foods:

Caffeine, salt that is not sea salt, carbonated soft drinks, milk, cheese, meat, white rice, fried food, refined sugar, sugar substitutes, food containing preservatives or additives, white flour and food containing it, butter, margarine and high fat.

“I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks.”

Daniel 10:3

Side Effects:

You may experience moderate to severe headaches for the first days as your body rids itself of caffeine, salt, sugar and various impurities.

Exceptions: Consult your doctor or pharmacist before starting any fast. Ask them about instructions for your medication while fasting.