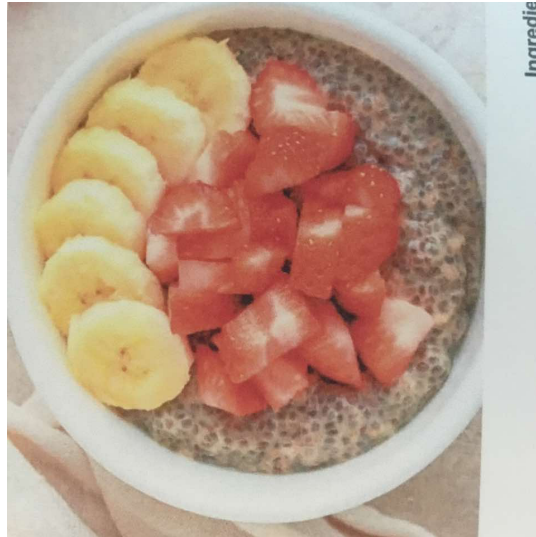


# **Daniel Fast**

**For Kingdom HI**

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# Strawberry Banana Chia Pudding

Daniel Fast Breakfast

**Serving size:** 2 | **Prep time:** 3 hours

## Ingredients

1 Cup Plain Coconut Milk (unsweetened)  
1/4 Cup Vanilla Protein Powder (Plant Protein)  
1/4 Cup Chia Seeds  
1/2 cup Strawberries (chopped)  
1/2 Banana (sliced)  
Sprinkle of Cinnamon (optional)

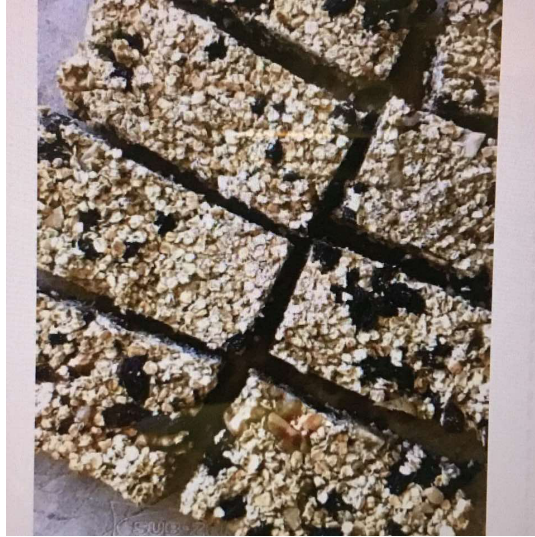
## Directions

1. Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least 3 hours or until chia seeds have set and pudding has chilled.
2. To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy.

## Notes

Leftovers: Refrigerate in an airtight container for up to four days. Fruit should be added just before serving.

**Protein Powder:** Make sure it is a plant based protein powder.



## Daniel Fast Granola Bar

Breakfast, Snack • Daniel Fast Snack

**Prep time:** 45 mins | **Cook time:** 25 mins

### Ingredients

2 cups quick oats (not instant)  
1/4 cup walnuts, chopped  
1/2 cup raisins  
2 large bananas, mashed

### Directions

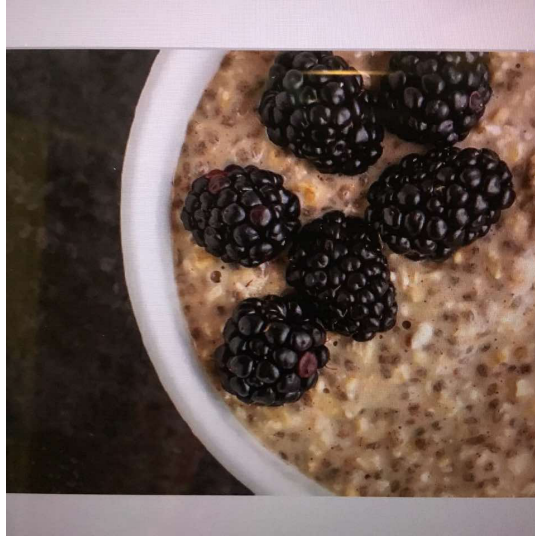
1. Preheat oven to 350. Lightly oil an 8x8 baking dish.
2. Mix all ingredients together in a medium bowl.
3. Press mixture evenly into the baking dish.
4. Bake for 25 minutes. Cool on wire rack.

### Notes

You could use dates but chop them into smaller pieces first.

Store in an airtight container.





## BlackBerry Overnight Oats

Breakfast • Daniel Fast Breakfast

**Serving size:** 1 | **Prep time:** 8 hours

### Ingredients

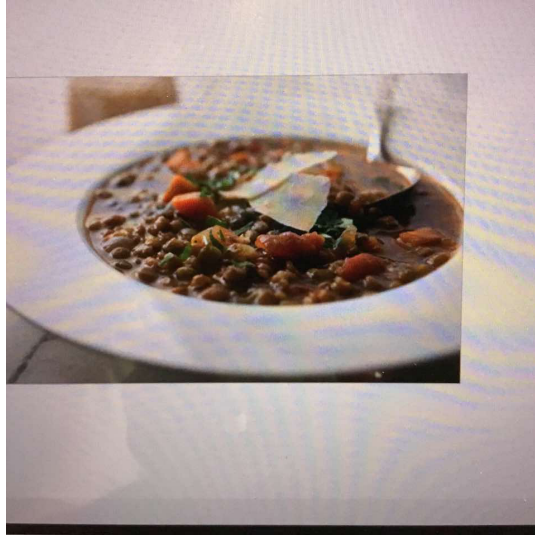
1 cup unsweetened Almond Milk (or other non-dairy milk)  
1/2 cup Oats (quick or rolled)  
2 Tbsp. Chia Seeds  
1 tsp Cinnamon  
1/2 cup blackberries (or other fruit of choice)

### Directions

1. Add the almond milk, oats, chia seeds, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
2. To serve, stir well and top with blackberries. Enjoy

### Notes

Refrigerate in airtight container for up to four days.



## Curried Lentil Soup

Main Dish • Daniel Fast Soup

**Serving size:** 1 cup

### Ingredients

- 1 cup lentils, rinsed
- 1 onion, chopped
- 2 celery sticks, sliced
- 4 garlic cloves, minced
- 1 tsp whole cumin seed or  
1/2 tsp ground cumin
- 8 cups of water or vegetable  
broth
- 1/2 cup uncooked brown  
rice
- 1 cup crushed tomatoes
- 1 1/2 tsp curry powder (add  
a bit more if you like)
- 1/8 tsp black pepper
- 1 tsp salt

### Directions

Combine lentils, onion, celery, garlic, cumin and water or broth in a large pot. Bring to a simmer, then cover loosely and cook until lentils are tender. (Approx. 50 minutes)

Stir in rice, crushed tomatoes, curry powder, and black pepper. Continue cooking until rice is tender, about 15 minutes. Add salt to taste. (I like to add a tsp of Tabasco)



## Mediterranean Quinoa Salad

Main Dish • Daniel Fast Meal Salad

### Ingredients

- 1 cup quinoa
- 1 cup water
- 1 cup vegetable broth
- 2 Tbsp red wine vinegar
- 4 Tbsp extra virgin olive oil
- 1 teaspoon dried oregano
- 2 cups cherry or grape tomatoes, chopped
- 1 cup bell pepper, chopped
- 1 cup zucchini, chopped
- 1 cup artichoke hearts, marinated in oil
- 1/2 cup black olives, pitted, halved (Kalamata preferred)
- 1 can 15-ounce garbanzo beans
- 1 lemon juiced
- Sea Salt and fresh ground pepper to taste

### Directions

Place rinsed (pre-washed) quinoa in medium saucepan with water and chicken broth. Bring to a boil, then reduce heat to low and cook covered for 15 minutes. Turn heat off and let quinoa stand for 5 additional minutes, covered. (Can also make in a rice cooker 2:1 liquid to seeds). Transfer to a large mixing bowl and add vinegar, 2 Tbsp of olive oil and oregano; set aside and let cool to room temperature.

Add tomatoes, artichoke, bell pepper, zucchini, olives, beans, lemon juice and remaining olive oil to quinoa. Toss well. Season to taste with salt and pepper.

### Notes

Add some of the oil from the marinated artichokes for a richer flavor. When not Daniel Fasting, add 1/2 cup of crumbled Feta Cheese.



## Refried Bean Soup

Main Dish • Daniel Fast Soup  
[www.thegraciouspantry.com](http://www.thegraciouspantry.com)

**Serving size:** 14 servings (3 1/2 quarts) | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

30 oz. canned fat-free  
refried beans ((or make your  
own))

½ can water ((you can  
adjust this to make your  
soup thicker or thinner as  
you like))

12 oz. jar your favorite salsa  
((no sugar added))

### Directions

1. To a pot, add both cans of beans.

2. Add the salsa.

3. Whisk together for a minute or two. If it's too thick for your liking (depends on the salsa you use), add about half a can of water. I use the bean can and fill that halfway. But you can use as much water as you like. Just make sure to whisk well after each addition so you get a sense of the consistency before you add additional water.

4. Heat over medium heat, stirring most of the time to keep things from burning on the bottom of the pot.



## Vegan Fried Rice

Main Dish • Daniel Fast Main  
[veganheaven.org](http://veganheaven.org)

**Serving size:** 4 servings | **Prep time:** 7 mins | **Cook time:** 8 mins

### Ingredients

7 oz firm tofu, crumbled  
1/2 teaspoon turmeric,  
pinch of kala namak  
(optional)  
1 teaspoon sesame oil  
3 cloves of garlic, minced  
4 green onions, cut into  
rings  
2 carrots, cut into small  
cubes  
1 red bell pepper, cut into  
small cubes  
1 cup frozen peas  
3 tablespoons soy sauce  
4 cups cooked brown rice  
1 teaspoon curry powder

### Directions

1. Heat the sesame oil in a large pan and add the crumbled tofu. Cook for 3 minutes. Then add the turmeric and kala namak and stir well. Cook for about 20 seconds. Set aside.
2. In the same pan, heat some more oil and add the carrots, bell pepper, peas, garlic, and 3 of the green onions. Season with salt and pepper and sauté for 2 minutes.
3. Add the cooked rice, tofu, soy sauce, curry powder, and sesame oil. Cook for 2 more minutes. Top w/green onion.



## Vegan Chickpea Potato Breakfast Hash

Breakfast • Daniel Fast Breakfast  
[www.thissavoryvegan.com](http://www.thissavoryvegan.com)

**Serving size:** 4 | **Prep time:** 20 mins | **Cook time:** 30 mins

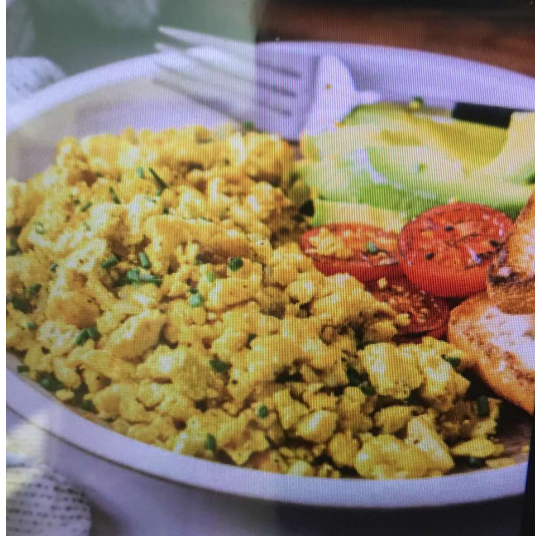
### Ingredients

1 lb potatoes (diced in small cubes)  
2 tbsp olive oil  
1 tsp garlic powder  
1/2 tsp cumin  
1/2 tsp paprika  
salt & pepper (to taste)  
3 cloves garlic (peeled and diced)  
1 bell pepper (diced)  
1/2 red onion (diced)  
1 15-ounce can chickpeas (drained and rinsed)  
2 handfuls baby spinach  
jalapeno, cilantro and/or avocado (for topping)

### Directions

1. Bring a large pot of water to a boil. Carefully add diced potatoes to the water and cook for 5 minutes. Drain potatoes and set aside.
2. Heat olive oil in a cast iron skillet over medium high heat. Reduce heat to medium and add potatoes to the skillet. Toss potatoes with garlic powder, cumin, paprika, salt & pepper. Spread the potatoes evenly in the skillet and do not touch them for 5-7 minutes.
3. Give the potatoes a toss - they should be slightly browned - and spread them evenly in the skillet again. Do not touch them for another 5 minutes. Add garlic, bell pepper, onion to skillet, tossing regularly.
4. Add the chickpeas and spinach and cook until chickpeas are heated through and spinach is wilted. Taste and adjust seasonings as needed. Add toppings (cilantro, avocado, salsa)





## Tofu Scramble

Breakfast • Daniel Fast Breakfast

### Ingredients

#### Spice Mix:

2 Tbsp nutritional yeast  
1 tsp chili powder  
1 tsp ground cumin  
1 tsp black salad (kala namak) or regular salt  
3/4 tsp turmeric  
1/4 tsp garlic powder

#### Tofu Scramble:

1 Tbsp oil  
8 oz button mushrooms (sliced)  
1 red pepper, chopped  
2 cloves garlic, minced  
1/2 yellow onion, chopped  
1 large block firm tofu or 2 blocks extra firm silken

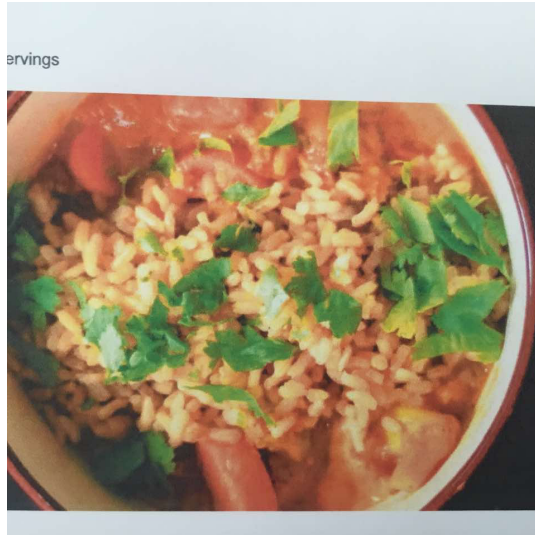
### Directions

1. Add all of the spice mix ingredients into a bowl and stir to combine
2. Heat a large skillet, add olive oil. When hot, add mushrooms, pepper, onion and garlic and sauté for about 8 min until everything starts to brown.
3. Add the tofu and break it apart with your spoon until you get a nice scramble texture with lots of chunks. Stir in the spice mix. Heat through for another 5-8 minutes until hot.

### Notes

Make the spice mix ahead and have in a jar ready (Makes 4 batches)

1/2 cup nutritional yeast  
4 tsp black salt  
3 tsp onion powder  
1 tsp garlic powder  
1 tsp turmeric



## Easy Veggie Curry

Main Dish • Daniel Fast Main

### Ingredients

2 Tbsp Olive Oil  
1 white onion (small)  
Ginger (fresh, 1 inch)  
Garlic, 2 cloves  
3 cups Vegetable Broth  
2 Tbsp Curry Powder  
1Tbsp Turmeric  
1 tsp. Salt  
16 oz frozen veg mix  
(carrots, broccoli and  
cauliflower)  
Cayenne Pepper, 1 pinch  
Coconut Milk, 1 cup or can  
2 Tbsp tomato paste  
1/2 tsp Black Pepper  
Diced Tomatoes (15 oz can)

### Directions

1. Dice onion
2. Peel and mince garlic and ginger. Cook them in olive oil in large pot over medium heat until softened (1-2 min). Add the curry powder, turmeric and salt and continue to cook another minute.
3. Add diced onion and cook until onions are translucent.
4. Add diced tomatoes (with juices) and tomato paste and Vegetable broth. Stir until mixed and makes a thick sauce.
5. Add frozen veg and stir to combine. Let pot simmer until heated through.
6. Turn heat down to low. Add coconut milk and stir until mixed well with the tomato sauce.
7. Allow to heat through, add salt to taste. Top with fresh cilantro. Service over brown rice or quinoa.





## Daniel Fast Oatmeal Cookie

Snack • Daniel Fast Snack

### Ingredients

2 Large Ripe Bananas (Use  
3-4 Apple Bananas)  
1/2 cup finely chopped  
dates  
1/2 cup chopped walnuts  
1/2 cup unsweetened  
applesauce  
1 1/2 cup quick cooking oats

### Directions

1. Heat oven to 350
2. Mash the bananas in a large bowl with fork
3. Add the other ingredients and mix well
4. Spoon onto cookie sheet covered with parchment paper  
(Melon ball scooper works well. Flatten and shape cookies a bit.
5. Bake for approximately 28 min.



## Ultimate Vegan Chili

[www.noracooks.com](http://www.noracooks.com)

**Serving size:** 6 servings | **Prep time:** 10 mins | **Cook time:** 30 mins

### Ingredients

Tofu Crumble  
2 tablespoons liquid  
amino acids/tamari  
2 tablespoons nutritional  
yeast  
2 teaspoons chili powder  
1 teaspoon smoked paprika  
14 ounce block firm tofu  
Chili  
2 tablespoons olive oil  
1 medium sweet onion,  
diced  
3-4 cloves garlic, minced  
(2) 28-oz cans crushed  
tomatoes  
(2) 15-oz cans black beans,  
drained

### Directions

1. Make the tofu crumbles
2. Preheat the oven to 350 degrees F and line a baking sheet with parchment paper.
3. In a large bowl, mix together the soy sauce, nutritional yeast, chili powder and smoked paprika. It will be pasty. Now crumble the tofu into the bowl with your hands, and mix together using a large spoon until well combined with the paste.
4. Spread the tofu mixture evenly in the pan. Place in the oven and bake for 30 minutes, stirring the tofu halfway through. Once the tofu is in the oven, start the chili.
5. Prepare chili on the stovetop
6. In a large pot over medium heat, add the olive oil. Add the chopped onion and sauté 3-4 minutes until translucent. Add in the garlic and cook 1 more minute, stirring constantly.
7. Now add all the rest of the chili ingredients,

(1) 15-oz can kidney beans,  
drained

1 cup water

3 tablespoons chili powder

2 teaspoons ground cumin

1 tablespoon cocoa powder

1 teaspoon smoked paprika

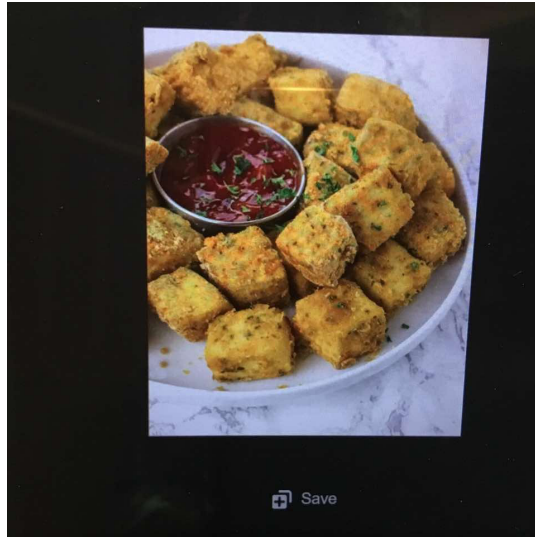
1/4 teaspoon cayenne  
pepper

1 teaspoon salt, or to taste

except the tofu, and stir to combine. Bring to a boil,  
then lower the heat and simmer for about 20  
minutes, until the tofu crumbles are done baking.

8. If a thicker consistency is desired, use an  
immersion blender and blend just a few times. Do  
this before you add the tofu.

9. Once the tofu crumbles are done, stir them into  
the pot. All done!



## Baked Tofu Nuggets

Main Dish, Side Dish, Snack

### Ingredients

1 lb firm tofu  
1 Tbsp Bragg's Liquid Aminos or Tamari Soy sauce  
1/4 cup nutritional yeast flakes  
1/4 cup brown rice flour  
1 tsp onion powder  
1/2 tsp garlic powder  
1 tsp Italian seasoning  
1/2 tsp paprika  
1 tsp salt  
Pinch of Cayenne pepper (optional)

### Directions

1. Press tofu between paper towels to remove excess water. Then cut into strips or cubes and marinate with Bragg's liquid aminos for 20 min.
2. In another bowl, combine the remaining ingredients well. Coat tofu with dry herb mix and place on a greased cookie sheet. You may spray with oil.
3. Bake at 400 degrees for approximately 30 minutes turning halfway. You may also cook on a lightly oiled frying pan until golden and crispy. Can also cook in an air-fryer.



## Red Thai Curry Vegetables

Main Dish  
[www.noracooks.com](http://www.noracooks.com)

**Serving size:** 6 servings | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

- 1-2 tablespoons olive oil
- 1 small yellow onion, chopped
- 4 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 red or yellow bell pepper, thinly sliced into 2 inch slices
- 2 medium carrots, peeled and cut into matchsticks or small rounds
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 2 1/2 tablespoons Thai red curry paste

### Directions

1. First, prepare all of the vegetables and have them close by before you heat the pan. To make the recipe easier, purchase pre-chopped vegetables or frozen. Cook your rice according to package instructions.
2. Heat 1-2 tablespoons olive oil in a large skillet over medium high heat. Once it's warm, add the chopped onion and cook, stirring often, until the onion is translucent, about 3 minutes. Add the garlic and ginger and cook for 30 seconds.
3. Now add the bell peppers, carrots, broccoli and cauliflower. Continue to cook, stirring frequently, for about 2-3 minutes.
4. To the pan, add the red curry paste, coconut milk, and water. Stir well for a few minutes, until the curry paste is dissolved in the coconut milk/water. Now add the other spices and stir it in. Bring to a simmer, then lower the heat and cook covered for 5-10 minutes, until the vegetables have softened.

1 15-oz can full fat coconut milk  
1/2 cup water  
1 15 oz can tomato sauce  
2 tsp. Curry Powder  
1 tsp turmeric  
1 tsp Paprika  
Pinch of Cinnamon  
1 tablespoon low sodium soy sauce (tamari for gluten free)  
1 tablespoon fresh lime juice (about 1 lime)  
4 cups cooked brown rice.

5. Stir in the tomato sauce, soy sauce and fresh lime juice. Heat through 5 minutes.  
6. Serve immediately with cooked rice and optional, chopped peanuts, fresh basil/cilantro, lime. Enjoy!



## Daniel Fast Breakfast Bakes

Breakfast, Snack • Daniel Fast Breakfast

### Ingredients

2 cups oatmeal  
2 cups whole wheat flour  
1 tsp salt  
1 tsp baking soda  
1 tsp cinnamon  
1 cup chopped apple  
1 cup applesauce  
1/2 cup pecans or walnuts  
1/2 cup pumpkin seeds (optional)  
1/2 to 3/4 cup cranberries (or other dried fruit)  
3/4 cup oil (avocado, coconut or olive)  
3 tsp of ground flax seed mixed with 6 Tbsp water (This is egg replacer)

### Directions

Mix all the dry ingredients together. Then add oil and flax seed/water mixture and applesauce. Add in your nuts and fruit. Mix well.

Drop by large spoonful on greased baking sheet. Bake for 12 min at 350 degrees

You can also bake in 8" by 8" pan at 350 degrees for 30 to 35 min.

Turn off oven and let sit for a few minutes to make sure they are baked through.

Freeze well for a grab and go breakfast



## Two-Bean Burger

[ultimatedanielfast.com](http://ultimatedanielfast.com)

**Serving size:** 4

### Ingredients

1 teaspoon extra-virgin olive oil  
2 tablespoons chopped onion  
1 cup canned black beans, rinsed and drained  
1 cup canned great northern beans, rinsed and drained  
2 tablespoons flaxseed meal  
1 teaspoon garlic powder  
1/4 teaspoon cumin  
1/4 teaspoon salt

### Directions

1. Mash beans in a large bowl, leaving about 1/4 of the beans whole. and set aside. Heat olive oil in large skillet over medium heat. Add onions, and cook until soft and translucent. Place in a bowl with beans, and add flaxseed meal, garlic powder, cumin, and salt.

2. Return skillet to medium heat, and add a teaspoon of olive oil, if needed, to prevent burgers from sticking. Scoop about 1/3 cup of bean mixture for each burger. Flatten with a spatula. Cook 5 minutes, or until bottoms are browned and slightly crispy. Flip, and cook another 5 minutes.

3. Yield: 4 servings (serving size: 1 burger)





## Corn Chowder

[ultimatedanielfast.com](http://ultimatedanielfast.com)

**Serving size:** 8

### Ingredients

½ tablespoon extra-virgin olive oil  
½ cup diced onion  
4 cups Vegetable Broth or water (see Recipe Notes)  
1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)  
1 clove garlic, minced  
1 teaspoon dried parsley flakes  
½ teaspoon salt  
1/8 teaspoon pepper  
3 ½ cups fresh corn kernels  
½ cup unsweetened almond, rice, or soy milk

### Directions

1. Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender.
2. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.
3. Yield: 8 servings (serving size: 1 cup)



## Vegan Broccoli Cheddar Soup

[www.noracooks.com](http://www.noracooks.com)

**Serving size:** 6 servings | **Prep time:** 5 mins | **Cook time:** 25 mins

### Ingredients

2 tablespoons olive oil  
1 small sweet onion, chopped  
3 cloves garlic, minced  
1 medium russet potato, peeled and chopped  
3 medium carrots, peeled and chopped  
1/2 cup raw cashews  
4 cups vegetable broth  
1/2 cup nutritional yeast  
1 teaspoon smoked paprika  
1 teaspoon salt, or to taste  
1-2 cups water, as needed (see instructions)  
4 cups broccoli, finely chopped

### Directions

1. In a large soup pot, saute the onion and garlic in the olive oil for 2-3 minutes over medium heat, stirring frequently.
2. To the pot, add the potato, carrots, cashews, vegetable broth, nutritional yeast, smoked paprika and salt. Bring to a boil, then lower the heat and simmer for about 15 minutes, until fork tender.
3. Working in batches if needed, transfer the soup carefully to a blender and blend until very smooth.
4. Return the mixture back to the pot. If your soup is too thick, add water until a desired consistency is reached (I used 1 cup of water). Add in the bite sized broccoli florets and cheese, if using, and stir into the soup.

2 cups shredded vegan cheddar cheese (I used Violife, optional)

## Nutrition

Amount per serving  
Serving size: 1 serving  
Calories: 324  
Total Fat: 18g  
Saturated Fat: 4g  
Sodium: 1439mg  
Total Carbohydrate: 34g  
Dietary Fiber: 6g  
Sugars: 7g  
Protein: 8g

5. Bring the soup to a boil, then lower the heat to simmer for 10 minutes, until the broccoli is soft and cooked. The cheese should also be melted into the soup.

6. Serve, topping with more vegan cheddar cheese shreds, if desired. Enjoy! Leftovers will keep for 3-4 days in an airtight container in the refrigerator. It can also be frozen.



## Easy Vegan Taco Soup

[namelymarly.com](http://namelymarly.com)

**Serving size:** 8 | **Prep time:** 5 mins | **Cook time:** 20 mins

### Ingredients

- 1 teaspoon ground cumin
- 2 tablespoons chili powder
- ½ teaspoon dried oregano
- ½ teaspoon ground black pepper
- 1 medium onion (peeled and chopped)
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 15 oz can pinto beans, (rinsed and drained)
- 15 oz can kidney beans, (rinsed and drained)
- 15 oz can diced tomatoes ((regular or fire-roasted))
- 3 cups vegetable broth
- 4.5 oz can green chiles

### Directions

1. Stir together the taco seasoning ingredients. Set aside.
2. For Soup: Place chopped onions in a large pot, drizzle with olive oil. Cook over medium heat until onions are translucent. Add garlic and stir.
3. Immediately add the beans, TVP, Diced tomatoes, vegetable broth, green chilies, and quinoa. Bring the pot to a simmer and cook for about 20 minutes, until the quinoa is tender.
4. Add the corn, taco seasoning, nutritional yeast flakes, and stir to combine. Add salt and pepper to taste.
5. Optional toppings would be a dollop of guacamole, salsa or black olives.

(chopped)  
¾ cup quinoa (uncooked)  
1 cup corn ((frozen or  
canned))  
1 cup TVP, (Textured  
Vegetable Protein) optional  
2-4 tablespoons nutritional  
yeast flakes  
salt and pepper to taste



## Easy Chia Seed Jam Recipe

[downshiftology.com](http://downshiftology.com)

**Serving size:** 12 | **Prep time:** 5 mins | **Cook time:** 10 mins

### Ingredients

1 pound fresh fruit  
(strawberries, blueberries,  
raspberries, etc.)  
2 tablespoons maple syrup  
2 tablespoons chia seeds  
1 teaspoon lemon juice

### Directions

1. If using strawberries, nectarines, apricots, etc., slice them into small pieces. No need to do anything to small berries.
2. In a pot on medium heat, add the fruit, maple syrup and lemon juice. Simmer for 5-7 minutes, using your spoon to help the fruit break down.
3. Use a potato masher or immersion blender to puree the fruit, then turn off the heat.
4. Stir in the chia seeds and transfer the jam to a storage container. Place in the refrigerator to cool.

Serve on Toast, Yogurt, Oatmeal, Smoothies (Keeps one week in fridge)



## Vegan Japchae Korean Noodles

[www.allrecipes.com](http://www.allrecipes.com)

**Serving size:** 4 | **Prep time:** 15 mins | **Cook time:** 12 mins

### Ingredients

- 1 (12 ounce) package Korean sweet potato noodles (dangmyun)
- 1 Tbsp sesame oil
- 0.25 cup soy sauce (Gluten Free) Liquid Aminos
- 1 tablespoon vegetable oil
- 3 carrots, cut into matchsticks
- 1 onion, thinly sliced
- 1 cup shiitake mushrooms, sliced
- 6 green onions, chopped
- 4 cloves garlic, minced
- 1 (16 ounce) bag fresh spinach
- 1 tablespoon sesame seeds

### Directions

1. Fill a large pot with lightly salted water and bring to a rolling boil; stir in noodles and return to a boil. Cook noodles uncovered, stirring occasionally, until tender yet firm to the bite, about 5 minutes. Drain. Rinse noodles with cold water as they will be sticky.
2. Toss noodles with sesame oil in a bowl. Cut into shorter pieces using kitchen shears. Set aside.
3. Heat vegetable oil in a skillet over medium-high heat. Sauté carrots and onion until soft, about 1 minute. Add mushrooms, green onions, and garlic. Sauté until fragrant, about 30 seconds. Add noodles, soy sauce, and spinach. Cook and stir until noodles are heated through, 2 to 3 minutes more.
4. Remove the skillet from heat. Let noodles cool for a bit. Top with the Shiitake Sesame Dressing. Mix well. Sprinkle with sesame seeds.

**1/2 Bottle Annie's Shitake  
Sesame Dressing**





## Red Thai Curry Vegetables

Main Dish  
[www.noracooks.com](http://www.noracooks.com)

**Serving size:** 6 servings | **Prep time:** 10 mins | **Cook time:** 20 mins

### Ingredients

1-2 tablespoons olive oil  
1 small yellow onion,  
chopped  
4 cloves garlic, minced  
1 tablespoon fresh ginger,  
grated  
1 red or yellow bell pepper,  
thinly sliced into 2 inch  
slices  
2 medium carrots, peeled  
and cut into matchsticks or  
small rounds  
1 cup broccoli florets  
1 cup cauliflower florets  
2 1/2 tablespoons Thai red  
curry paste

### Directions

1. First, prepare all of the vegetables and have them close by before you heat the pan. To make the recipe easier, purchase pre-chopped vegetables or frozen. Cook your rice according to package instructions.
2. Heat 1-2 tablespoons olive oil in a large skillet over medium high heat. Once it's warm, add the chopped onion and cook, stirring often, until the onion is translucent, about 3 minutes. Add the garlic and ginger and cook for 30 seconds.
3. Now add the bell peppers, carrots, broccoli and cauliflower. Continue to cook, stirring frequently, for about 2-3 minutes.
4. To the pan, add the red curry paste, coconut milk, and water. Stir well for a few minutes, until the curry paste is dissolved in the coconut milk/water. Now add the other spices and stir it in. Bring to a simmer, then lower the heat and cook covered for 5-10 minutes, until the vegetables have softened.

1 15-oz can full fat coconut milk  
1/2 cup water  
1 15 oz can tomato sauce  
2 tsp. Curry Powder  
1 tsp turmeric  
1 tsp Paprika  
Pinch of Cinnamon  
1 tablespoon low sodium soy sauce (tamari for gluten free)  
1 tablespoon fresh lime juice (about 1 lime)  
4 cups cooked brown rice.

5. Stir in the tomato sauce, soy sauce and fresh lime juice. Heat through 5 minutes.  
6. Serve immediately with cooked rice and optional, chopped peanuts, fresh basil/cilantro, lime. Enjoy!