



Hi! I'm Kristen Feola, author of the best-selling book, *The Ultimate Guide to the Daniel Fast*. My desire is to provide you with helpful resources to make your Daniel Fast successful. I hope you're blessed by the information you find throughout this website.

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WHEN YOU FEEL LAZY, MAKE A CASSEROLE

November 4, 2009 By Kristen Feola



CABBAGE AND RICE CASSEROLE

1/2 tablespoon extra-virgin olive oil
1/2 cup chopped onion
2 cloves garlic, minced
1 cup chopped white button mushrooms
1 (15-ounce) can black beans, rinsed and drained
2 (14.5-ounce) cans diced tomatoes
2 tablespoons chopped fresh parsley
1 teaspoon dried oregano
1 teaspoon salt
1/8 teaspoon pepper
4 cups chopped green cabbage
1 cup cooked brown or wild rice

Put diced tomatoes in a food processor or blender, and process until smooth. Set aside. Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Stir in garlic, mushrooms, tomatoes, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Preheat oven to 350 degrees. Steam cabbage 8-10 minutes or until tender crisp (or add cabbage to boiling water, and cook 5-7 minutes). Lightly spray or rub an 9"x13" baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Pour tomato sauce over all. Bake 20 minutes.

Yield: 8 servings (serving size: about 1 cup)

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COMMENTS



Barbara Sands

January 25, 2016 at 11:41 am

Your website has made fasting soooo easy this year. Our Church has a corporate fast every year. We didn't get started until the second Sunday this year so we have a few more days to go. My husband said he would like to add some of the recipes into our regular eating recipes. I agreed with him. Thank you so very much!!!!!!



Kristen Feola

January 25, 2016 at 11:52 am

Hi, Barbara! I'm so glad you've been blessed by the information on the website! Thank you for your kind comments. I pray God will continue to strengthen you and your church with His power as you seek Him!



Stephanie

January 16, 2016 at 7:02 pm

Hi. I want to let you know that your recipes have been a blessing to me. This is my second time doing the Daniel fast and I would not have made it without your recipes. I made this dish twice last year, I was wondering if I could use quinoa instead of brown rice.



Kristen Feola

January 16, 2016 at 9:38 pm

Hi, Stephanie! Thanks so much for your kind words. I'm glad you're doing the Daniel Fast again. May the Lord bless you abundantly as you seek Him! (And, yes, you can use quinoa!)



Angelique

January 12, 2015 at 8:06 pm

Just made it today. Delicious! I am a cooking novice! I messed up a little. Didn't read that I had to cut the cabbage. Didn't have oregano or black beans lol but it was still easy to make and great to the palate! If I can do this, then ANYONE can do this! It was so tasty that I got two (2) servings! I'm on Day 2 of the Daniel Fast and I am so blessed to have found this site! Thank you!



Angelique

January 12, 2015 at 8:08 pm

Forgot to add that I didn't have canned, diced tomatoes. I used cherry tomatoes and cut them up as small as I could. I also added a pack of McCormick all natural Sicilian Chicken w / tomato, garlic and basil sauce. No sugar was in it. YUMMY!



Kristen Feola

January 12, 2015 at 8:14 pm

So glad you liked it!



Angelique

January 13, 2015 at 10:26 am

Having leftovers right now! LOL. I also want to add that the McCormick's sauce had distilled vinegar in it so that might disqualify it from being a Daniel Fast friendly sauce. Just wanted to disclose that in case someone wanted to run to the store to get it.



Selena

January 3, 2015 at 9:30 pm

I made this recipe for the first time.... I absolutely loved it! The only thing I did different was, I cooked the wild rice before hand – since for me, it takes so long to cook. It was amazing- I am so glad I found this site.



cARMEN

December 28, 2014 at 3:13 pm

I don't have a blender but a Nutra bullet...can I use that?



Kristen Feola

December 29, 2014 at 6:36 am

Sure! That will work just fine.



Crystal

November 17, 2014 at 9:28 pm

I just made this recipe tonight. I doubled it so that I could put one in the freezer for another night. I am so thankful I did because we loved it.



Kristen Feola

November 17, 2014 at 9:45 pm

Great! Glad you thought to freeze 1/2 of it. Way to go in thinking ahead!



Tracy Ison

June 7, 2014 at 6:39 am

My family didn't think they would like this but after trying it we have no leftover!! Its a keeper:)



Kristen Feola

June 10, 2014 at 6:15 am

I'm so glad! I love success stories. 😊

Eric



February 9, 2014 at 4:43 pm

Very good. I used red cabbage & added cumin & a can of chipotle peppers with the tomatoes. Gave it a spicy, smoky flavor.



Kristen Feola

February 10, 2014 at 12:25 pm

Mmmmm, chipotle WOULD add a nice flavor to this dish. Great idea!



Myrtle

January 31, 2014 at 7:50 pm

My finished the Daniel fast and my husband and I liked this recipe so much we are making it again. Thanks Kristen. God Bless



Kristen Feola

February 1, 2014 at 1:04 pm

That's wonderful! I hope you have many more "keeper" recipes you can enjoy throughout the year!



Lorraine Jacques

January 24, 2014 at 1:57 pm

Today is day 20 for me on the Daniel fast and I feel really good. I tried this recipe today and it is really good and filling. I thoroughly enjoyed it. I would highly recommend this one. Thanks so much for sharing.



Paris

January 9, 2014 at 2:15 am

Hi there. I am loving your recipes! Just a quick question, is it ok to use salt & canned vegetables on a Daniels fast?



Kristen Feola

January 9, 2014 at 10:10 am

Thanks! Yes, you can use salt. Canned vegetables are acceptable, too. You can check the [Food Guidelines](#) for specifics. Thanks for your question!



Tina

January 8, 2014 at 5:49 pm

Kristen,

On January 1st my husband and I started a partial Daniel Fast for spiritual, as well as health reasons. I spent New Years Eve searching for recipes that were fairly simple. I don't like to cook, and I don't like to be extremely hungry. This recipe was just what I was looking for!! It is fairly simple to make, and it is absolutely DELICIOUS!!!!!! I would recommend it to anyone – fasting or not. The absurd thing about this is . . . I thought I hated beans and cabbage!! Go figure!! Another odd little note, my husband and I thought it tasted like it had a little parmesan cheese in it and there isn't any cheese at all in it. I believe this was just a little bonus, or maybe a heavenly reward for my sacrifice of giving up sugar, processed foods, white flour, caffeine, carbonation, red meat, pork, and anything junk food. Love this recipe! Keep them coming!!!!



Kristen Feola

January 8, 2014 at 8:58 pm

Tina, I love success stories! Thanks for sharing. I especially like the part about the Parmesan cheese. 😊 That's funny! YOur taste buds are already being healed! I'm so glad you are trusting God to help you make healthier food choices. May He continue to pour out His favor on you both as you press on to know Him!



Rachael

January 1, 2014 at 7:49 pm

My daughter and I are about to start our first fast. My husband and two younger children will not be doing the fast with us. I am trying to make up some recipes ahead of time so that I can just pull something out for her and I while I am making dinner for the rest of my family. I was wondering if this recipe and the taco soup could be frozen.



Kristen Feola

January 1, 2014 at 8:04 pm

Great idea to spend a little time preparing ahead of time. You'll be glad you did! Yes, you can freeze both of these recipes. Another main dish that freezes well is **Black Bean Chili Bake**. 😊



Danielle Pritchett

December 16, 2013 at 2:56 pm

Could I use stewed tomatoes instead? I don't have a food processor.



Kristen Feola

December 16, 2013 at 7:53 pm

Sure! Tomatoes in any form will work just fine. If you want to eliminate the tomato “chunks” in stewed tomatoes, you can always mash them. Or just have them as is! Thanks for your question.



Lora Edwards

September 23, 2013 at 3:06 pm

Would the cabbage not cook completely if you skipped the precooking part and just mixed it raw and baked? I worry it would become mushy?



Kristen Feola

September 26, 2013 at 12:18 pm

I’ve never tried it that way, but I think using raw cabbage would work. 😊 Let me know if you try it!



Danelle

January 12, 2014 at 4:44 pm

I made this tonight and steamed the cabbage for only 4 minutes. The texture of the cabbage in the completed casserole was perfect: just slightly firm but not crunchy or mushy. Thanks for the recipe, Kristen!



Kristen Feola

January 12, 2014 at 9:27 pm

You’re welcome! So glad you liked it. 😊



Anonymous

January 7, 2010 at 11:44 pm

This comment has been removed by a blog administrator.



feolafitness

November 4, 2009 at 1:28 pm

Absolutely! It would be great on spaghetti squash. You are becoming a big fan, aren't you?

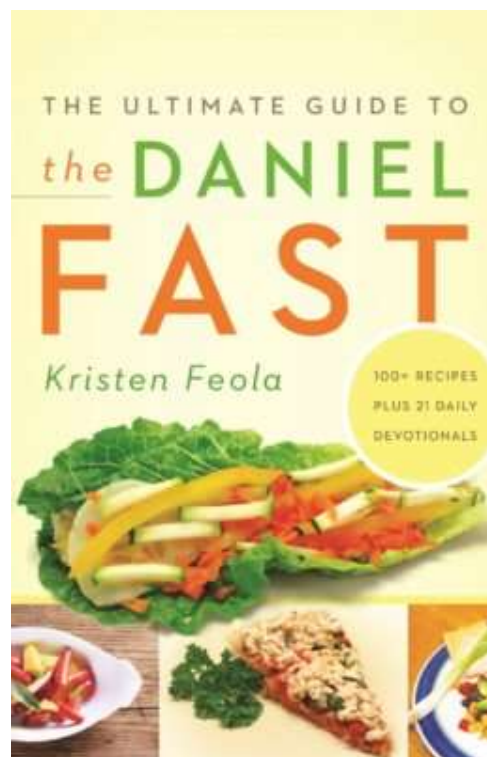
😊 ha ha



ab

November 4, 2009 at 12:50 pm

Do you think that instead of cabbage (which I'm not so sure about), I could use spaghetti squash here?



"I couldn't have done the Daniel Fast successfully without this book!" - Amazon reviewer

STARTING A DANIEL FAST?

Here are a few blog posts to help you:

Daniel Fast Food List

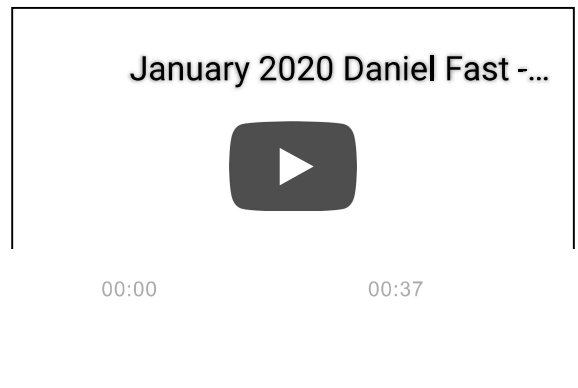
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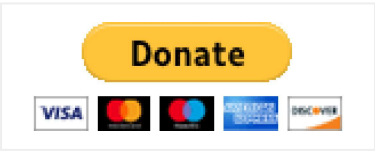


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