

Meatless Chili

Ingredients:

- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 1 tablespoon vegetable oil
- 1 teaspoon minced fresh garlic
- 2 cans (16 ounces each) pinto or red kidney beans, drained and rinsed
- 2 cans (14 1/2 ounces each) stewed tomatoes, un-drained tomatoes broken up
- 1 can (8 ounces) tomato sauce
- 1 can (6 ounces) tomato paste
- 2/3 cup bulgur
- 1/2 cup water
- 1 can (4 ounces) chopped green chilies
- 1 1/2 tablespoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon crushed hot red pepper flakes
- Toppings: chopped onions, and bell peppers

Preparation:

In a 3-quart microwave safe casserole, combine the onion, green pepper, oil and garlic. Stir to mix. Cover with a lid or vented plastic wrap.

Microwave on High for 4 to 5 minutes or until the vegetables are crisp and tender.

Stir in the remaining ingredients, except the toppings. cover and microwave on High for 25 to 30 minutes, stirring once until the bulgur is tender and the chili is bubbly.

Remove the casserole from the microwave. Stir again, cover and let stand on a heatproof surface for 10 minutes.

Serve the toppings alongside.

Makes 6 servings



THE BREAKTHROUGH FAST 2017

21 DAYS OF DAILY MEDITATION, PRAYER, & FASTING

— JAN. 4 - 24, 2017 —

*JOIN US AND MILLIONS AROUND THE WORLD WHO KNOW THE
POWER OF PRAYER AND FASTING TO BRING IN A NEW YEAR.*

DOWNLOAD THE FASTING GUIDE FROM OUR WEBSITE:
WWW.BREAKTHROUGHFELLOWSHIP.ORG

Rev. Charles A. Maxell, Jr. Founder & Senior Pastor

Rev. Jennifer Watley Maxell, Co- Founder

We don't like to give things up, do we? Especially food! Not only is food something that we need to live but it is also something that brings enjoyment as well as the fellowship with others. So, why give up food? For us to give up food, there needs to be something more enjoyable, life-giving and valuable that we seek. As a believer, fasting is not only abstaining from food but a spiritual discipline that is presented in Scripture as something that is good and beneficial to followers of Jesus Christ and a means of spiritual discipline that helps us draw closer to God.

Beginning January 4, 2017, we (The Breakthrough Fellowship and others) are entering into a 21-day period of fasting and prayer. Here are a few things for you to consider as you prepare to participate:

Plan your fast. We will be following the Daniel Fast as recorded in Scripture: Daniel 1 and Daniel 10. Refer to this guide and other resources for meal planning and other tips to help you be successful.

Plan your time with the Lord. The purpose of the fast is to accomplish far more than simply weight loss. The ultimate purpose is to draw closer to God and experience a greater revelation of Him and His ways. Plan your prayer and Bible reading time. Set extra time aside to study God's word than you would normally plan to do. In addition to your daily Bible reading, we are encouraging you to download the book "**The Blessed Life.**" In the book, you will find daily devotionals for your reading and mediation. A link to the FREE download of the book is on our website: www.breakthroughfellowship.org.

Allow this season of fasting to set the pace for 2017. Ask yourself the following question: In what ways can I be more obedient to Him? Set some clear and achievable goals for the year. Invite God to His work in your heart and life and cooperate with Him seeing those goals become reality in 2017.

Finally as we begin, my prayer and my heart's desire is that you invite God to do His work in you. It has often been my experience that the first place God wants to work is within me. I leave you with the words of the prophet Jeremiah: The word of the LORD came to Jeremiah a second time, while he was still confined in the court of the guard: ² Thus says the LORD who made the earth, the LORD who formed it to establish it—the LORD is his name: ³ Call to me and I will answer you, and will tell you great and hidden things that you have not known.

Expect miracles!

Yours in Christ,

Pastor Charles Maxell, Jr.

The Breakthrough Fellowship

January 2017

Potato and Scallion Breakfast Frittata

Ingredients:

- ¼ cup olive oil
- 1 onion finely chopped
- 4-5 scallions, with the green and white parts separated
- 4 cloves garlic minced
- 2 medium potatoes, shredded (or 2 cups frozen potatoes)
- 2 teaspoons salt- divided
- ½ teaspoon freshly ground black pepper – divided
- 2 blocks of firm tofu, cut into chunks
- 2-3 tablespoons soy sauce

Preparation:

Preheat oven to 350 degrees

Heat the olive oil in a large skillet over medium heat. Add the onion and the white part of the scallions; sauté for 2-3 minutes; add the garlic and heat for another 30 seconds.

Increase the heat to medium high and add the potatoes, 1 teaspoon of the salt, and ¼ teaspoon of the pepper; cook for 10- 15 minutes, tossing the potatoes regularly until they are well brown.

Place the tofu, soy sauce, and the remaining salt and pepper in a food processor, blend until creamy.

Pour creamy mixture and the green part of the scallions over the fried potatoes and mix. Pour this mixture into a large oiled pie or tart pan.

Bake for 30-40 minutes or until the center is firm; invert the frittata onto a warm serving plate.

Makes four servings

Curried Tofu Scramble

Ingredients

- 1 teaspoon olive oil
- 1 onion diced
- 3 cloves garlic, minced
- 1 block firm or extra firm tofu, drained, pressed and crumbled
- 1 teaspoon curry powder
- ½ teaspoon turmeric
- ½ teaspoon cumin (optional)
- Salt and pepper to taste
- 2 tomatoes diced
- 1 bunch fresh spinach

Preparation:

Heat oil in a large skillet over medium high heat; add onion and garlic; sauté for 3-5 minutes until onion is soft.

Add tofu, curry powder, turmeric, cumin, salt, pepper, and tomatoes, cook stirring often for another five minutes until tofu is hot and cooked; add more oil if needed.

Add spinach and cook for another 1-2 minutes, just until wilted.

Serve hot.

Makes 4 servings

What is Fasting?

In the Old Testament, the word “fast” is derived from the Hebrew term *tsom*, which refers to the practice of self-denial. It was Hannah, who later became the mother of Samuel, who was so troubled about her inability to have children that “she wept and did not eat.” (1 Samuel 1:7) In the New Testament, the word “fast” is derived from the Greek word *nesteia*, which also refers to self-denial. When Jesus began his public ministry, Jesus did so with an extended fast of 40 days. (Matthew 4:1,2)

Fasting is abstaining from food for a spiritual purpose. Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. Fasting has a spiritual purpose, and that purpose is to get your flesh out of the way so that the Spirit of God can move in your life. Fasting removes the barriers to communication with God and allows your spiritual nature to commune directly with the heavenly Father – without disturbance. When a person makes a determination to fast, they are making a determination to remove the obstacles in their life and to submit to the will of God.

Four Kinds of Fasts

Be sure to consult your doctor before beginning any fast, especially if you have any type of medical condition.

The **normal fast** is going without food for a definite period during which you ingest only liquids (water and/or juice). The duration can be 1 day, 3 days, 1 week, 1 month or 40 days. Extreme care should be taken with longer fasts, which should only be attempted after medical advice from your physician.

The **absolute fast** allows no food or water at all, and should be short. Moses fasted for 40 days, but this would be a challenge for anyone without supernatural intervention. Be sure to consult medical advice before trying a 40-day fast, even if it includes liquids.

The **partial fast** is one that omits certain foods or is on a schedule that includes limited eating. Elijah practiced partial fasts at least twice. John the Baptist and Daniel with his three friends are other examples of those who participated in partial fasts. The most frequently used example of a partial fast is found in Daniel chapter 10.

A **rotational fast** consists of eating or omitting certain families of foods for designated periods. For example, grains may be eaten only every fourth day. The various food families are rotated so that some food is available each day.

What is the Daniel Fast?

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.

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting. ***The easiest way to think of the Daniel Fast is eating only vegetables and fruits, and drinking only water.***

There are two anchoring scriptures for the Daniel Fast. In Daniel 1 (specifically Daniel 1:12-13) the Prophet (Daniel) ate only vegetables (that would have included fruits) and drank only water. So from these scriptures we get two of the guidelines for the fast:

1. Only fruits and vegetables.
2. Only water for a beverage. *No sodas or alcoholic beverages.*

Then in Daniel 10 (specifically Daniel 10:2-3) we read that the Prophet ate no meat nor any precious breads or foods and he drank no wine for 21 days. So from this scripture, we get a third guideline:

3. No sweeteners (including artificial) and no breads are allowed on the Daniel Fast.

Another important guideline is drawn from the Jewish principles of fasting, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast. Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

Bean Curry and Rice

Adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

2 tablespoons olive oil

1 large white onion, chopped

1/2 cup dry lentils

2 cloves garlic, minced

3 tablespoons curry powder

1 teaspoon ground cumin

1 pinch cayenne pepper

1 can crushed tomatoes (28 ounce)

1 can garbanzo beans, drained and rinsed (15 ounce)

1 can kidney beans, drained and rinsed (8 ounce)

1/2 cup raisins

salt and pepper to taste

8 cups cooked brown rice

Preparation:

Prepare the brown rice according to package directions so you have enough for 8 servings.

Heat the oil in a large pot over medium heat, and cook the onion until tender.

Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.

Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.

Reduce heat to low, and simmer at least 1 hour, stirring occasionally

Bean and Rice Casserole

Preheat oven to 375

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Preparation:

In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.

Add rice; cook while stirring until parched and slightly opaque.

Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.

Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).

Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

Preparation for the Daniel Fast

During the Daniel Fast you will not consume any sugar or sweeteners of any kind, nor will you have any caffeine or artificial chemicals. Many people experience a physical detox during the first few days of the fast including headaches, fatigue, leg cramps and other typical symptoms. You can reduce these effects by weaning yourself from these foods before the fast begins and also by drinking at least 1/2 gallon of filtered water each day before, during and after the fasting period. **Anytime you have concerns about symptoms you may be experiencing, please be sure to contact your healthcare professional.** Fasting should never be harmful to the body.

The Daniel Fast Food List

The Daniel Fast is a very healthy way to eat and is full of nutritious and healthy foods. **However, if you have special dietary needs, please consult your health professional before you start this fast.** You can then modify the fast to meet your specific health needs.

***We recognize that fasting is a lifestyle into which we must grow. As a result, we have chosen to allow the optional eating of a fish.** If you choose to eat fish, we ask that you limit your intake of fish to no more than twice a week and adhere to God's instructions as found in Leviticus 11: 9-10: *"These you may eat, of all that are in the waters. Everything in the waters that has fins and scales, whether in the seas or in the streams—such you may eat. But anything in the seas or the streams that does not have fins and scales, of the swarming creatures in the waters and among all the other living creatures that are in the waters—they are detestable to you."*

The Daniel Fast Food List

Foods to include in your Daniel Fast

ALL FRUITS. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

ALL VEGETABLES. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, sprouts, scallions, spinach, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

ALL WHOLE GRAINS. Including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

ALL NUTS AND SEEDS. Including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

ALL LEGUMES. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

ALL QUALITY OILS. Includes but not limited to olive, canola, grape seed, peanut, and sesame.

BEVERAGES. Spring water, distilled water or other pure waters.

OTHER. Tofu, soy products, vinegar, seasonings, salt, herbs and spices.

***The Fish Option:** Limit intake of fish to no more than twice a week. Abstain from shellfish, catfish and any other fish or seafood that is a scavenger or does not have fins or scales.

Daniel Fast Pasta

Ingredients

1-pound whole wheat pasta (spaghetti, linguine, penne or farfalle work best)

1-cup vegetable broth (keep some more close by in case you want/need more liquid)

¼ cup olive oil

1 medium onion, diced

1 tablespoon minced garlic

1 can white cannellini beans, rinsed and drained

½ tablespoon kosher salt

Fresh ground black pepper to taste

Assortment of Fresh vegetables. Could use any of the following – recommend picking 3 or 4:

1 cup chopped red bell pepper

Sliced mushrooms (1 cup)

Artichoke hearts (1 can, drained)

Chopped asparagus (1 cup)

Sun dried tomatoes (1/2 cup)

Steamed Broccoli florets (1 cup)

Kalamata olives (1/2 cup)

Fresh spinach (one bag) – If using this, add it last so it doesn't overcook!

Preparation

Boil pasta according to instructions. While pasta boils, sauté onion (and mushrooms and red pepper, if using) in ¼ cup olive oil in large hot sauté pan over medium heat. Once onion is translucent, add garlic, artichoke hearts, asparagus, and broccoli or sun dried tomatoes and sauté for 2-3 minutes.

Add cooked pasta along with 1-cup vegetable broth, beans, salt and pepper. If using spinach or olives, add these now. Toss in pan and sauté together for 2-3 minutes.

Red, Black and Yellow Delight

Ingredients:

- 1 can (15 ounce) black beans, rinsed and drained
- 2 cups frozen corn kernels
- 1 small red bell pepper, seeded and chopped
- ½ red onion, chopped
- 2 stalks celery, cut into a small dice
- 1 ½ teaspoons ground cumin
- 1-2 teaspoons hot sauce, (recommended: Tabasco)
- 1 lime, juiced
- 2 tablespoons vegetable or olive oil
- salt and pepper
- 4 Lettuce leaves to use for serving (optional)

Preparation:

1. Place all the ingredients (except of the lettuce leaves) in a large bowl and then lightly toss.
2. Allow the salad to stand at room temperature for at least 15 minutes which allows the flavors to fuse, plus this gives time for the corn to thaw while keeping all the other ingredients chilled.
3. Lay a salad leaf onto individual serving plates. Gently stir the salad before spooning it onto the lettuce lined plates.

Makes 4 servings

Foods to avoid during the Daniel Fast

ALL MEAT AND ANIMAL PRODUCTS: including but not limited to beef, lamb, pork, poultry, and fish.

ALL DAIRY PRODUCTS: including but not limited to milk, cheese, cream, butter, and eggs.

ALL SWEETENERS: including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

ALL LEAVENED BREAD: including but not limited to Ezekiel Bread (it contains yeast and honey) and baked goods.

ALL REFINED AND PROCESSED FOOD PRODUCTS: including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

ALL DEEP FRIED FOODS: including but not limited to potato chips, French fries, corn chips.

ALL SOLID FATS: including shortening, margarine, lard and foods high in fat.

BEVERAGES: Including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

A Message to Families about Prayer and Fasting Together...

Your children may wonder if this is something that they can do along with you, and the answer is yes! Explain to your children that fasting will help them grow stronger as a Christian and closer to Jesus. When they take special time out to pray to Jesus and at the same time, take special effort to not enjoy a favorite food/snack item or activity during a certain period of time, they are fasting. As a family, sit down together and talk about for whom or what your children are seeking God and in which way they are going to fast. **Then, have your children write down their decisions on the card, just like you are doing and seal it in a self-addressed envelope. We will collect the sealed envelopes in The Breakthrough Kids.** Explain to your children that there will be times when they will find it hard to fast and may even want to change their minds in the middle of the fast. However, as parents, gently encourage them and help them keep the commitment they made to the Lord and see how God answers their prayers. Following the 21 Days of Fasting and Praying, sit down with your children and talk with them about what the Lord did during this special time.

Before you begin the **21 Day Breakthrough Prayer Guide** keep in mind your family's schedule and decide which days of the week you are going to meet together to pray. Be sure to explain in simple words the prayer emphasis for that particular day, so your children can be a part of the prayer time.

Remember that a child's body needs the proper nutrition and activity as well as rest to keep them healthy and whole. They don't need to fast complete meals or healthy food choices for days at a time or give up the exercise that playtime affords. Children respond best with a set schedule, so be sure to create one where they will know which days during the 21 Days of Prayer and Fasting that they will be fasting and what exactly they are fasting.

Hummus with Tahini

Ingredients:

- 3 cups well-cooked garbanzo beans
- 1 cup garbanzo bean cooking liquid or water
- 6 to 8 tablespoons fresh lemon juice
- 3 (large) cloves garlic, pressed
- 2 teaspoon salt or to taste
- 1/2 cup tahini or more to taste
- 1/8 teaspoon cayenne
- 1/4 cup chopped parsley

Preparation:

In a food processor (or blender), process the garbanzo beans with 1/2 cup of the bean liquid (keep the other 1/2 in reserve) and the lemon juice.

Add the tahini, garlic and seasonings (except the parsley)

Blend according to your preference

Add as much of the reserved cup of liquid as you need to get the consistency you want. Humus needs to be "dippable"

Stir in the chopped parsley

Serve as a dip with raw vegetable sticks or pita bread

Black Bean Soup with Salsa

Ingredients:

- 2 1/2 (1 pound) dried black beans, picked over and soaked
- 2 tablespoons olive oil
- 1 cups coarsely chopped onions
- 1 tablespoon minced fresh garlic
- 1 teaspoon cumin seeds
- 1/8 teaspoon ground red pepper (cayenne)
- 3 1/2 cups low-sodium vegetable broth (orig. recipe calls for chicken)
- 2 cups water

Lime Pepper Salsa

- 1 large red bell pepper, seeded and finely chopped (1 1/2 cups)
- 1 medium-size onion, finely chopped (1 cup)
- 4 teaspoons fresh lime juice
- 1/8 teaspoon salt
- 1 can (16 ounces) whole tomatoes in juice, undrained
- 1/2 cup uncooked small pasta (whole wheat)
- 1/2 teaspoon salt

Preparation:

1. Rinse and drain the soaked beans
2. In a heavy 5-qt pot, heat the oil over medium heat. Add the onions and garlic and cook for 3 to 5 minutes, stirring often or until softened. Stir in the cumin and ground red pepper and cook, stirring often for 30 seconds to release the flavors.
3. add the beans, broth and water. Cover and bring to a boil over high heat. Reduce the heat to low. cover and simmer for 70 to 80 minutes or until the beans are tender.
4. Meanwhile make the lime pepper salsa: In a medium size bowl, mix the bell pepper, onion, lime juice and salt. Cover with plastic wrap and refrigerate until ready to use.
5. Drain the juice from the canned tomatoes into the pot. chop the tomatoes and add along with the pasta and 1/2 teaspoon salt. Bring to a boil over medium-high heat, stirring occasionally, or until the pasta is tender.
6. Ladle the soup into serving bowls and garnish with a spoonful of salsa.

Serves 5

The Breakthrough Fast 2012 Contract Let's Make It Count! 21 Days of Prayer, Fasting and Personal Reflection

FASTING IS BIBLICAL. (Daniel 2:2-3)

FAST AS A SPIRITUAL COMMITMENT. (Daniel 1:8)

BE SPECIFIC AND MAKE A VERBAL COMMITMENT TO THE LORD:

Fasting for a Financial Breakthrough

Fasting for Restoration in Your Relationships

Fasting for Your Family (especially Your Children)

Fasting for a Spiritual Breakthrough

Fasting to Discover God's Will for Your Life

Fasting for Supernatural Healing

Fasting for the Discipline to Walk in the Vision that God has Given You

Fasting involves a spiritual commitment to God. Be clear and follow the guidelines of your commitment. *“Daniel proposed in his heart that he would not defile himself” Daniel 1:8*

Before beginning a fast, write down a plan and make a verbal commitment to the Lord.

When you approach your fast with determination, and a clear goal you'll be less likely to waiver in weak moments.

My cause or reason for fasting:

I will fast: Begin Date: _____ End Date: _____

Who will I ask to fast with me, if anyone?

By the strength and grace of God I commit to the above fast.

Signed

Date _____

Chick Pea Salsa

Ingredients

- 2 cups frozen field peas, cooked and drained
- 1/2 cup large red onion chopped (can substitute sweet onion)
- 1/4 cup green bell pepper finely chopped
- 1/4 cup red bell pepper finely chopped
- 2 tblspns fresh Cilantro, chopped
- 1/4 cup olive oil (up to)
- 1/4 cup lime juice (fresh)
- Salt to taste
- Optional addition: 1/2 cup diced tomatoes, drained

Mix all ingredients together. Refrigerate for 1 hour before serving.

Guacamole

Ingredients

- 3 ripe Haas avocados
- 1 medium tomato
- 1 small sweet onion, diced
- 1 lime (juiced)
- 1 cup chopped fresh cilantro
- 1 tablespoon minced garlic
- ½ tablespoon kosher salt
- Fresh ground black pepper to taste

Preparation

Scoop avocado into a large bowl. Add lime juice. Mash with a fork (not too smooth—leave plenty of chunks). Mix in cilantro, onion, garlic, salt and pepper.

