

Fasting Bread, Black Beans & Rice, Ash Wednesday

There is a great website I've been visiting now for sometime, but have not cooked any of her dishes. I'm going to try two of them soon though. She has a recipe for a fasting bread and a Black Bean & Rice recipe that look good.

On Ash Wednesday, fasting in this household means 2 small meals that together do not equal a normal meal and one regular sized meal (for us that is our dinner). I think I'll make the fasting bread on Tuesday so that we can have that for breakfast and lunch on Ash Wednesday. Then fix the black beans & rice for dinner and serve along with some fasting bread.