



Biblical Inspired Meals

12 BIBLICAL INSPIRED RECIPES WITH BIBLE
REFERENCES

Esau's Lentil Stew

Bible Reference:
Genesis 25:29–34

Ingredients:

- 1 cup brown lentils
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot, chopped
- 1 tsp cumin
- 3 cups vegetable broth
- Salt & pepper to taste

Instructions:

Sauté onion, garlic, and carrot in olive oil. Add cumin, lentils, and broth. Simmer 30–35 min until tender. Season and serve warm.



Notes:

A simple line drawing of a notepad with a rounded rectangular shape. It features six horizontal lines for writing, spaced evenly apart. The notepad is positioned below the 'Notes:' label and is set against the same light blue textured background.

Unleavened Bread



Notes:

Bible Reference:
Exodus 12:17–20

Ingredients:

- 2 cups flour
- ½ tsp salt
- 2 tbsp olive oil
- ¾ cup warm water

Instructions: Mix flour, salt, oil, and water. Roll into thin rounds. Bake at 400°F for 10–12 minutes until lightly golden.

Barley & Fig Salad

Bible Reference: Deuteronomy 8:8

Ingredients:

- 1 cup pearl barley
- 2 cups water
- ½ cup dried figs, chopped
- ¼ cup chopped parsley
- ¼ cup olives, sliced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt to taste



Instructions: Cook barley in water until tender. Mix with figs, parsley, olives. Toss with oil, lemon juice, and salt. Chill before serving.

Notes:

Roasted Fish with Herbs

Bible Reference:

John 21:9–13

Ingredients:

- 2 tilapia or sea bass fillets
- 1 tbsp olive oil
- 1 lemon (sliced)
- 1 tsp fresh rosemary
- Salt & pepper

Instructions: Place fish on baking sheet with lemon slices and rosemary. Drizzle with olive oil, season. Bake at 400°F for 15–20 minutes.



Notes

Bitter Herb Salad

Bible Reference:
Exodus 12:8

Ingredients:

- 2 cups arugula or endive
- 1 tbsp olive oil
- 1 tsp apple cider vinegar - Pinch of salt



Instructions:

Toss herbs with oil, vinegar, and salt. Serve fresh with unleavened bread.

Notes

Milk & Honey Yogurt Parfait



Bible Reference:
Exodus 3:8

Ingredients:

- 1 cup plain yogurt
- 2 tbsp honey
- ½ cup granola
- ¼ cup chopped dates

Instructions: Layer yogurt, honey, granola, and dates. Chill or enjoy immediately.

Shepherd's Bread (Ezekiel Bread Style)

Bible Reference: Ezekiel 4:9

Ingredients:

- 1 cup whole wheat flour
- ½ cup spelt flour
- ¼ cup barley flour
- ½ tsp salt
- 1 tsp yeast
- ¾ cup warm water



Instructions: Mix dry ingredients. Add water. Knead, let rise 1 hour. Bake at 375°F for 25–30 min.

Notes

Canaan Grape Skewers

Bible Reference:
Numbers 13:23



Ingredients:

- 2 cups grapes
- 1 cup feta cheese cubes
- 1 tbsp honey
- Mint leaves

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Instructions: Thread grapes and feta onto skewers. Drizzle with honey and garnish with mint.

Lamb & Herb Stew

Bible Reference:
1 Samuel 16:20

Ingredients:

- 1 lb lamb, cubed
- 1 onion, diced
- 2 carrots, chopped
- 2 cloves garlic
- 3 cups beef broth
- 1 tsp thyme
- Salt & pepper

Instructions: Brown lamb in a pot. Add vegetables and herbs. Pour in broth. Simmer 1 hour until tender.



Notes:

Pomegranate Chicken



Bible Reference:
Song of Songs 4:3

Ingredients:

- 4 chicken thighs
- ½ cup pomegranate juice
- 2 tbsp olive oil
- 1 tbsp honey
- Salt & pepper

Instructions: Mix juice, oil, honey. Marinate chicken 1 hr. Bake at 375°F for 35–40 min.

Notes

Sweet Almond Cakes

Bible Reference:
Genesis 43:11

Ingredients:

- 1 cup almond flour
- 2 tbsp honey
- 1 egg
- ¼ tsp cinnamon



Instructions: Mix all ingredients. Drop spoonfuls on baking sheet. Bake at 350°F for 10–12 min.

Notes



Harvest Grain Bowl



Bible Reference:
Ruth 2:2

- Ingredients:
- ½ cup cooked farro
 - ¼ cup chickpeas
 - ¼ cup roasted sweet potato
 - Olive oil & lemon dressing

Instructions: Combine ingredients in a bowl. Drizzle with dressing and serve.

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