

NEW Covenant Meals – Week 8

Wild Rice Bowls of Consistent Endurance

Contextual Knowledge: Wild rice thrives in water and hardship — it teaches us to remain rooted even when surrounded by chaos. Like Noah, consistency in the midst of judgment is a sign of trust.

Family Reflection: What has YAHU'aH asked your family to stay faithful in, even when conditions aren't easy?

Scripture: Genesis 6:22

[Read it here](#)

Ingredients:

- 1 cup wild rice
- 3 cups water
- 1 tsp olive oil
- Pinch of salt

Instructions:

1. Bring rice and water to a boil.
2. Cover and simmer for 40–45 minutes.
3. Fluff with oil and salt before serving.

Carrot Patties of Hidden Wisdom

Contextual Knowledge: The sweetness of carrots is buried deep in the earth — much like the wisdom of obedience. It's not loud, but nourishing.

Family Reflection: What quiet instructions of YAHU'aH have produced the most peace in your home?

Scripture: Proverbs 2:6

[Read it here](#)

Ingredients:

- 2 cups grated carrots
- ¼ cup flour
- 1 egg or flax egg
- Salt & cumin to taste

Instructions:

1. Mix all ingredients into a batter.
 2. Fry spoonfuls in oil until golden.
 3. Serve with tahini or lemon.
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 **Fig & Nut Cakes of Lasting Sweetness**

Contextual Knowledge: Figs were a sign of blessing in Yarushalayim. Paired with nuts, they symbolize both sweetness and strength — food for the remnant.

Family Reflection: What sweet truths has your house been clinging to in this season?

Scripture: Micah 4:4

[Read it here](#)

Ingredients:

- 1 cup dried figs
- ½ cup walnuts
- 1 tbsp olive oil
- Pinch of cinnamon

Instructions:

1. Blend all into a sticky paste.
 2. Form into discs.
 3. Chill before serving.
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 **Mashed White Beans of Contentment**

Contextual Knowledge: Beans are often overlooked — yet they are filling, simple, and rich in sustenance. Contentment doesn't shout — it fills.

Family Reflection: How does your home treat what's "ordinary"? Do you thank YAHU'aH for what fills you quietly?

Scripture: Philippians 4:11

[Read it here](#)

Ingredients:

- 1 can white beans
- 1 garlic clove
- 1 tbsp olive oil
- Salt to taste

Instructions:

1. Mash all ingredients together.
2. Warm slightly in pan.
3. Serve with bread or greens.

 **Quinoa & Herb Salad of Cleansing Renewal**

Contextual Knowledge: Quinoa is a cleansing grain. Paired with herbs, it reflects a renewing mindset — just like Noach stepped into a clean earth.

Family Reflection: Has your family experienced a cleansing season? What have you learned to release?

Scripture: Psalm 51:10

[Read it here](#)

Ingredients:

- 1 cup quinoa
- 2 cups water
- ¼ cup parsley and mint
- 1 tbsp olive oil, lemon, salt

Instructions:

1. Rinse and boil quinoa until soft.
 2. Toss with herbs, oil, lemon.
 3. Chill before serving.
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Grilled Eggplant Strips of Pressed Endurance

Contextual Knowledge: Eggplant soaks up what it's surrounded by. This meal reminds us: who we're around matters — it shapes what we become.

Family Reflection: What influences has your home allowed to “soak in”? Are they nourishing or distracting?

Scripture: 1 Corinthians 15:33

[Read it here](#)

Ingredients:

- 1 large eggplant
- Olive oil, sea salt

Instructions:

1. Slice into long strips.
 2. Brush with oil and salt.
 3. Grill both sides until tender.
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Sweet Corn Mash of Gentle Provision

Contextual Knowledge: Corn is soft, sweet, and multiplies. It teaches us that gentle things often carry great provision.

Family Reflection: What gentle provisions have you overlooked in your life? Where has YaHU'aH been soft instead of loud?

Scripture: Isaiah 30:15

[Read it here](#)

Ingredients:

- 2 cups fresh or frozen corn
- 1 tbsp oil or butter
- Pinch of salt

Instructions:

1. Cook corn in water until soft.
 2. Mash with oil and salt.
 3. Serve warm with greens.
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 **Peach Slices with Honey of Soft Restoration**

Contextual Knowledge: Peaches are bruised easily — yet their sweetness remains. This meal reminds us that restoration often comes softly.

Family Reflection: How can your family be gentler with each other and still walk in strength?

Scripture: Zechariah 4:6

[Read it here](#)

Ingredients:

- 2 ripe peaches
- 1 tsp raw honey

Instructions:

1. Slice peaches.
 2. Drizzle lightly with honey.
 3. Serve fresh.
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 **Vegetable Broth of Quiet Healing**

Contextual Knowledge: Broth draws out the essence. It teaches us that healing is slow, deep, and quiet — just like YaHU'aH's patience with Noach.

Family Reflection: How has healing taken shape in your home? Are you rushing a process YaHU'aH wants to deepen?

Scripture: Jeremiah 33:6

[Read it here](#)

Ingredients:

- 1 carrot, 1 celery stalk, ½ onion
- 4 cups water, herbs
- Sea salt to taste

Instructions:

1. Simmer all ingredients 40–60 min.
 2. Strain and serve warm.
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 **Crispy Millet Cakes of Righteous Simplicity**

Contextual Knowledge: Millet is light and easy to digest. This dish reminds us that not all strength is heavy — some is hidden in simplicity.

Family Reflection: Is your home heavy with excess or light with righteousness?

Scripture: Proverbs 3:7–8

[Read it here](#)

Ingredients:

- 1 cup cooked millet
- 1 tbsp flour
- 1 tsp oil

Instructions:

1. Mix all into thick paste.
2. Press into small patties.
3. Pan-fry until golden.