

Mountain Solid, Water Reflecting Sangha



Food from the Heart

The Mountain Solid, Water Reflecting Sangha is a mindfulness meditation group in Knoxville, TN which practices in the tradition of Vietnamese Zen master Thich Nhat Hanh. On the second Sunday of every month, we share a vegetarian potluck in the spirit of fellowship. We hope you enjoy our favorite dishes as much as we do!

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MINDFUL EATING

“As a spiritual family and a human family, we can all help avert climate change with the practice of mindful eating. Going vegetarian may be the most effective way to stop climate change. Being vegetarian is already enough to save the world.” – Thich Nhat Hanh

Mindful eating elevates a simple meal into a spiritual experience as you reflect on every element—human, animal, vegetal, mineral—and action necessary to manifest the meal. Savor every bite, chewing thoughtfully and thoroughly. Recognize and honor each morsel as a microcosm of the universe. Especially if you are consuming animal products, vow to use the energy they provide to benefit others.

See *Savor: Mindful Eating, Mindful Life* by Thich Nhat Hanh and Lilian Cheung for more information.

The Five Contemplations

These verses are recited before a meal to nurture appreciation and recognition of the interbeing of our food with the universe.

This food is a gift of the earth, the sky, numerous living beings, and much hard and loving work.

May we eat with mindfulness and gratitude so as to be worthy to receive this food.

May we recognize and transform unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change, and heals and preserves our precious planet.

We accept this food so that we may nurture our brotherhood and sisterhood, build our Sangha, and nourish our ideal of serving all living beings.

Feta Ganoush

contributed by Tara

1 eggplant
6 oz feta cheese
1 clove garlic, minced
2 tbsp lemon juice
2 tbsp olive oil
2 tsp tahini
salt and black pepper
1 tsp honey (optional)
fresh parsley (optional)

Preheat oven to 425° F. Roast eggplant over a gas flame or on a grill until the skin is charred on all sides. Place on a baking sheet and bake until very soft, about 25 minutes. Let cool. Remove skin.

Place all ingredients except parsley into a food processor. Pulse to combine. Serve immediately or refrigerate for an hour to let the flavors develop. Garnish with parsley, if desired.

SALADS

Kroger Superfoods Salad

contributed by Chef Andre; Note: this salad is available at most Kroger delis

1 bunch kale, washed, stems/ribs removed, and torn into bite-size pieces
1 lb edamame
1 cup shredded carrots
1 cup shredded green cabbage
½ cup red onions, chopped
1 pint cherry or grape tomatoes
1 cup blueberries
1 cup dried cranberries or craisins
1 cup roasted cashew pieces
1 cup roasted sunflower seeds
1 cup raspberry vinaigrette (or your favorite dressing)

In a large bowl, mix all ingredients until combined. Serve immediately.

Pepper Tarkari

contributed by Corinne

2 tbsp olive oil
2 bell peppers (red, orange and/or yellow), diced
1 inch ginger root, peeled and thinly sliced
1 lb fresh tomatoes, diced or 15 oz can diced tomatoes
1/2 - 1 zucchini, diced
1/4 tsp brown sugar
1/2 tsp coriander
1/2 tsp cumin
sea salt to taste
black pepper to taste
fresh cilantro, washed, dried, and chopped (optional)

In a heavy saucepan or skillet, heat oil over medium-high heat. Add peppers, ginger, salt and pepper and sauté for 5-10 minutes. Add all ingredients except cilantro and cook until peppers are soft.

Garnish with cilantro, if desired. Serve warm.

Three Bean Salad

contributed by Corinne

15 oz can white beans, drained and rinsed
15 oz can black beans, drained and rinsed
15 oz can kidney beans, drained and rinsed
1 cup corn (fresh, frozen or canned)
1 1/2 carrots, diced
1 1/2 celery stalks, diced
1 small red onion, diced

Dressing:

1/2 cup olive oil

1/2 cup balsamic vinegar

2-3 cloves garlic, minced (optional)

1/2 tsp salt

1/2 tsp black pepper

1/2 tsp chili powder

In a large bowl, add beans and vegetables and stir until combined. In a small bowl, whisk dressing ingredients until an emulsion forms. Pour over salad and stir until combined. Serve immediately.

SOUPS

Creamless Cream of Cauliflower Soup

contributed by Jim; based on a recipe from Dr. Phil's "The Ultimate Weight Solution Cookbook"

Note: For a more flavorful soup, increase the spices by 50%. To prevent the soup from turning brown when it is pureed, do not brown the vegetables.

2 tsp canola oil
1 medium onion (3/4 cup), chopped
2 celery ribs, chopped
1 small cauliflower (4 cups), cut into florets
1 medium baking potato, peeled and diced
1 tsp rubbed sage
1 tsp dried thyme
1 tsp dry mustard
1 tsp celery seed
4 cups low-sodium vegetable stock
1/2 tsp sea salt
1/4 tsp black pepper

In a heavy stockpot, heat oil over medium-low heat. Add onion and celery. Cook, stirring frequently, until golden, about 5 minutes. If the onion begins to brown, turn down the heat.

Add the cauliflower and potato. Cook, stirring occasionally, for 1 minute. Stir in sage, thyme, mustard and celery seed and cook until fragrant, about 30 seconds.

Add stock and bring to a simmer. Cover, reduce heat to low and simmer until the cauliflower and potato are fork tender, about 15 minutes.

Blend in a food processor until smooth. Return pureed soup to the pot over medium heat. Season with salt and pepper and cook until heated through, about 1 minute. Serve immediately.

Curried Sweet Potato and Mango Soup

contributed by Corinne

3-4 tbsp butter
1/4 cup onions, diced
1 tsp curry powder
1 tsp ground ginger
1 tsp coriander powder
1/4 tsp cayenne pepper
1 tsp salt
7 1/2 cups water
1-2 sweet potatoes, peeled and cut into 1/2-inch cubes
2 1/2 cups fresh mango, diced

Note: You may substitute 2 1/2 cups mango puree or juice (such as Bolthouse) for the fresh mango. Adjust the water to 5 cups.

In a heavy stockpot, melt butter over medium-high heat. Sauté onions until beginning to soften. Stir in spices. Sauté, stirring frequently, until onions are translucent. Add water, sweet potatoes, and fresh

mango. Bring to a boil, reduce heat, and simmer until sweet potatoes are tender, about 30 minutes. If using mango juice, add about halfway through.

Blend in a food processor until smooth (only blend half for a chunkier texture). Serve immediately.

Hot and Sour Soup

contributed by Melanie; based on a recipe from the Insight Meditation Society

Note: This recipe is flexible, so enjoy experimenting with different vegetables, seasonings, etc.

1 tbsp cornstarch (increase for a thicker soup)
1-2 tbsp olive oil
1/4-1/2 cup onions, diced
1/4-1/2 cup snow peas, washed and trimmed
1 carrot, peeled and diced
8 oz shiitake mushrooms, cleaned and cut into 1/3-inch slices
8 oz button mushrooms, cleaned and cut into 1/3-inch slices
1 lb tofu (extra firm texture recommended), drained, pat dried, and cut into 1/2-inch cubes
6 cups water or vegetable broth
2-3 tbsp tamari or soy sauce
1-2 tbsp rice wine or balsamic vinegar
1-2 tbsp red wine vinegar
2-3 tsp chili oil (optional)
1 tbsp sesame oil
1/2 tsp black pepper
2 eggs
1/4 bunch scallions, washed and sliced (optional)
1/4 bunch fresh cilantro, washed, dried, and chopped (optional)

In a small bowl, whisk cornstarch with 1 tbsp water. Set aside.

In a medium skillet, heat olive oil over medium-high heat. Add tofu and onions and sauté. Add vegetables and cook until onions are golden brown. Set aside.

In a heavy stockpot, bring water to a boil. Stir in tamari, vinegars, chili oil, sesame oil, and pepper. Add sautéed vegetables and tofu. Deglaze the skillet with some of the hot soup and add to the stockpot. Adjust seasonings. Reduce heat and simmer until mushrooms are tender.

Pour about 1/4 of the cornstarch mixture into a small bowl. Add the eggs and whisk until combined. Set aside. Add a little hot soup to the remaining cornstarch mixture and whisk until combined. Add to the soup. Cook over medium-high heat until thickened. Turn off heat.

Slowly drizzle egg and cornstarch mixture over the soup. Do not stir. Let dumplings cook for a minute until firm, then gently stir into the soup.

Garnish with scallions and cilantro, if desired. Serve immediately.

Kale and White Bean Soup

contributed by Kristina; based on a recipe from marthastewart.com

1 lb kale, washed, stems/ribs removed, and cut into 1/2-inch strips
1 sweet potato, peeled and cut into 1/2-inch cubes
1-2 tbsp olive oil
1 onion, chopped
3-4 cloves garlic, minced (optional)
2 15 oz cans cannellini beans, drained and rinsed
3-4 cups water
3-4 cups chicken or vegetable stock
1 tsp sea salt
1/4 tsp black pepper
seasonings - fresh or dried (e.g., bay leaf, rosemary, thyme, cayenne pepper)
parmesan rind (optional)
grated parmesan (optional)

In a small bowl, lightly mash about half of the beans and set aside. In a heavy stockpot, heat oil over medium-high heat. Add onion and sweet potato and cook until beginning to soften. Add garlic, if desired, and cook until everything is softened.

Add mashed beans, water, and stock and bring to a boil. Stir in kale, whole beans, salt, pepper, seasonings, and parmesan rind, if desired. Partially cover, reduce heat, and simmer until kale is tender, about 20 minutes.

Remove seasonings (if using sprigs or seasoning bag). Garnish with grated parmesan, if desired. Serve immediately.

Spicy Vegan Black Bean Soup

contributed by Barbara

2 tbsp olive oil
2 medium yellow onion, chopped
3 celery ribs, chopped fine
1 large carrot, peeled and sliced into thin rounds
6 cloves garlic, minced
4 15 oz cans black beans, drained and rinsed
4 cups low-sodium vegetable stock
1-2 tbsp fresh lime juice
1 tbsp + 1/2 tsp cumin
1/2 tsp+ crushed red pepper
sea salt to taste
black pepper to taste
1/4 cup fresh cilantro, chopped (optional)
garnishes - diced avocado, sliced radishes, tortilla chips, etc. (optional)

In a heavy stockpot, heat oil over medium-high heat. Add onion, celery, carrot and a sprinkle of salt. Cook, stirring occasionally, until vegetables are soft, about 10-15 minutes.

Stir in the garlic, cumin and red pepper and cook until fragrant, about 30 seconds. Add beans and stock and bring to a simmer. Cook until the soup is flavorful and the bean are very tender, about 20 minutes.

Blend about 4 cups of the soup in a food processor until smooth. Return pureed soup to the pot and stir in cilantro, lime juice, sea salt and black pepper. Garnish, if desired. Serve immediately.

Split Pea and Vegetable Soup

contributed by Linda

Note: Alternately, place all ingredients in a crock pot and cook on high until tender, about 4-5 hours.

2 tbsp olive oil
2 cups dried split peas, sorted and rinsed
1/2 cup carrot, peeled and chopped
1/2 cup celery, chopped
8 cups water
1 tbsp lemon juice
2 tsp honey (optional)
1 tsp cumin
1 tsp basil
1/2 tsp ginger
2 tsp sea salt
1/2 tsp black pepper

In a heavy stockpot, heat oil over medium-high heat. Sauté spices for 1-2 minutes. Add peas, vegetables and water. Low boil until peas are tender, stirring as needed to prevent sticking. Add honey and lemon juice.

Blend in a food processor until smooth, if desired. Serve immediately.

Three Sisters Soup

contributed by Melanie; based on a recipe from the oldest of her three sisters

North American Indians grew the 3 sisters (corn, beans and squash) in the same mounds of earth. Corn, beans, and squash grow and thrive when planted together. Corn provides a natural pole for vines to climb. Beans fix nitrogen in the soil which helps the corn grow. Vines help keep the corn plants from blowing over in the wind. Squash leaves shade emerging weeds and reduce soil moisture from evaporating. It is a sophisticated, sustainable system that provided long-term soil fertility and a healthier diet to generations. Corn, beans and squash complement each other nutritionally. Corn gives carbohydrates. Dried beans have protein to balance the lack of necessary amino acids found in corn. Squash yields vitamins. Eating Three Sisters soup helps us feel more connected to the history of this land, regardless of our ancestry.

Note: This recipe is flexible, so enjoy experimenting with different beans, seasonings, etc.

2 tbsp olive oil
15 oz can black beans with liquid, undrained
15 oz can kidney beans with liquid, undrained
15 oz can garbanzo beans with liquid, undrained
15 oz can black eyed peas with liquid, undrained
15 oz can corn or hominy
15 oz can unsweetened pumpkin
28 oz can chopped tomatoes with liquid, undrained
30 oz can enchilada or spicy green chile tomato sauce or 2 10 oz cans Rotel original sauce plus 7 oz can Caesars Herdez green salsa

1 sweet potato, scrubbed and cut into bite-size chunks
1 green pepper, chopped
1/2 cup shallots or onion, chopped
4 cloves garlic, minced
juice and zest of 1 lemon or lime
sea salt to taste
black pepper to taste
hot sauce to taste

In a heavy stockpot, heat oil over medium-high heat. Sauté sweet potato for about 5 minutes. Add green pepper and onion. Add garlic, stirring frequently. Add beans and tomatoes (with liquids) and cook, stirring frequently.

When soup is heated through, reduce heat to medium-low. Stir in enchilada sauce and pumpkin. Add a little stock or water as necessary to prevent sticking. Heat again. Stir in seasonings to taste.

Garnish with cilantro and/or cheese, if desired. Serve with cheese toast, pasta or cornbread, if desired.

Tuscan White Bean Soup

contributed by Liz; based on a recipe from treehugger.com

2 tbsp olive oil
1 onion, chopped fine
4 cloves garlic, minced
1 cup celery, sliced thin
2 carrots, peeled and cut into 3/4-inch slices
2 tomatoes, seeded and chopped
15 oz can cannellini beans, drained and rinsed
5 cups vegetable stock
2 tsp dried or 1 tbsp fresh oregano
1/2 tsp dried or 1 tsp fresh thyme
1 tsp dried or 1 tbsp fresh basil
1 1/2 tsp sea salt
1/4 tsp black pepper
1 tbsp fresh sage, chopped fine (optional)

In a heavy stockpot, heat oil over medium-high heat. Add onion, celery and garlic and cook for 3 minutes, stirring frequently. Add carrots, tomatoes, oregano, thyme and basil and cook for 5 minutes, stirring occasionally. Add a little stock or water as necessary to prevent sticking.

Add beans and stock and cook for 10 minutes, stirring occasionally.

Blend about 3 1/2 cups of the soup in a food processor until creamy. Return pureed soup to the pot and stir in sea salt and black pepper. Garnish with sage, if desired. Serve immediately.

Vegan Chili

contributed by Kristina

Note: This recipe is flexible, so enjoy experimenting with different beans, vegetables, seasonings, etc.

1 tbsp olive oil
1 medium onion, chopped
1 green or red pepper, roasted, peeled and chopped
1 medium carrot, scrubbed and sliced into thick rounds
1-2 garlic cloves, minced
24 oz can crushed tomatoes
15 oz can black beans, drained and rinsed
15 oz can red beans, drained and rinsed
15 oz can kidney beans, drained and rinsed
1/2 cup dried green lentils
1-2 chipotles
paprika or smoked paprika to taste
chili powder to taste
cumin to taste
cayenne pepper to taste
pinch garam masala or cinnamon or nutmeg (optional)
sea salt to taste
black pepper to taste

Cook lentils until tender according to the directions, usually about 45 minutes. Drain and set aside.

In a heavy stockpot, heat oil over medium-high heat. Sauté onion and carrots for 10 minutes, stirring occasionally. Add garlic and chipotles and cook for 1-2 minutes until fragrant, stirring frequently.

Add remaining ingredients and cook for 20-30 minutes until heated through, stirring occasionally. Add more crushed tomatoes or water as necessary.

Discard chipotles. Serve over tortilla chips, long-grain rice or pasta, if desired.

ENTREES

Armenian Lentils

contributed by Melanie

Note: To use as a soup base, add more liquid.

2 1/3 cup lentils (1 lb), washed and drained
6 cup water and/or vegetable stock
1/2 cup dried fruit (e.g., apricots, pineapple, dates, raisins, cranberries)
1-2 tbsp vegetable oil
1 cup onion, chopped
2-3 cup eggplant, unpeeled and cubed (you can substitute carrots or celery)
1 1/2 cup tomatoes, chopped (fresh or canned) and liquid
1 bell pepper, chopped
1 1/2 tbsp paprika
1 tsp salt
1/2 tsp cinnamon
1/2 tsp cayenne pepper or red pepper flakes
3 tbsp fresh parsley, washed, dried, and chopped
1 tbsp fresh mint, washed, dried, and chopped

In a heavy stockpot, bring lentils and stock/water to a boil over medium-high heat. Reduce heat to low, cover, and simmer for 20 minutes. Add dried fruit, cover, and simmer for 20 minutes. Add more liquid to lentils as necessary to keep them barely covered as they cook.

In a large skillet, heat oil over medium-high heat. Add onion (and carrots and celery if using) and cook until golden brown. Add eggplant and sauté for 3-5 minutes. Add 4-5 tbsp water, cover, and cook until eggplant is almost tender, stirring occasionally. Add lentils and remaining ingredients and simmer 15-25 minutes.

Garnish with parsley and mint. Serve immediately - goes well with dark bread or cornbread, sharp cheese, and salad. Leftovers may be frozen in small containers for later use.

Chou-Fleur à la Mornay, Gratiné (Cauliflower Au Gratin with Cheese)

contributed by Taylor; based on a recipe from Mastering the Art of French Cooking

Sauce Mornay:

2 tbsp butter
3 tbsp flour
2 cups milk
1/4 cup Gruyère or Swiss cheese, coarsely grated
1/4 cup Parmesan cheese, coarsely grated
pinch nutmeg
pinch cayenne pepper
salt and black pepper

8-inch cauliflower, washed and cut into flowerets
2 1/2 cups sauce Mornay
1/2 cup Baby Swiss Cheez-its (or other white cheese flavored crackers), crumbled
2 tbsp Gruyère or Swiss cheese, grated
salt and black pepper

butter (for greasing)

Sauce Mornay:

In a large saucepan, heat butter and flour over low heat. Mix until smooth and let froth for 2 minutes. In a separate saucepan, warm milk and 1/4 tsp salt. Add slowly to roux, mixing thoroughly until smooth with no lumps. Add cheeses and mix until smooth. Add seasonings and set aside.

Preheat oven to 375° F. Butter an 8-inch square baking dish. Prepare an ice water bath. In a stockpot, bring 7-8 quarts of salted water to a boil. Add cauliflower and blanch. Pour into ice water bath to stop the cooking, then drain. Spread 1/3 of the sauce in the baking dish. Add flowerets and season with salt and pepper. Cover with rest of the sauce and sprinkle with crushed crackers, then cheese. Place in upper third of oven and bake until warmed throughout and slightly browned, about 30 minutes.

Kalerrific

contributed by Kristina

Note: This recipe is flexible, so enjoy experimenting with different flavor combinations.

1 lb kale, washed, stems/ribs removed, and torn into bite-size pieces

Sea salt

Fat - *needed to counteract the bitter compounds in kale* (e.g., mashed avocado, sesame oil, olive oil)

Seasonings (e.g., salsa, soy sauce, balsamic vinegar, cayenne pepper, coriander powder, cumin)

Add-ins (e.g., roasted red pepper, chopped beets, sesame seeds, pumpkin seeds)

Place kale in a large bowl and lightly sprinkle with sea salt. Using your fingers, massage kale until it starts to wilt. Add fat, seasonings, and any add-ins and blend until combined.

BAKED GOODS

Apple Nut Pudding

contributed by Corinne

2 eggs
3/4-1 cup sugar
1 tsp vanilla extract
3/4 cup flour
3/4 tsp baking powder
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp salt
3/4 cup nuts (e.g., walnuts, pecans), chopped
1-2 cups apples, diced
butter (for greasing)
whipped cream or vanilla ice cream (optional)

Preheat oven to 350° F. Butter an 8-inch square baking dish. In a medium bowl, beat eggs until light and fluffy. Gradually add sugar, beating after each addition. Stir in vanilla extract. In a small bowl, sift dry ingredients. Add dry ingredients to egg mixture and blend until combined. Stir in nuts and apples. Pour batter into baking dish. Bake for 40-45 minutes.

Garnish with whipped cream or vanilla ice cream, if desired. Serve immediately.