

This lesson talked about the 4 types of qualities that the klesha's or obstacles to enlightenment:

Roasted Butternut Squash

Dormant (baby food consistency)

1 large butternut squash
Some veggie stock and additional water to make up desired consistency
Garlic
Salt and pepper

Preheat the oven (about 450 degrees)

Cut the squash into about 8 pieces and bake face down on a baking sheet at a medium to high temperature. (turn temperature down to something more moderate after squash starts to get a bit tanned.

Can add some crushed garlic towards the end of cooking which makes the kitchen smell yummy and helps to lift the taste of the soup.

Spoon out the flesh of the squash when cool and add to the stock. Warm gently and wizz up with a hand blender.

Season to taste with salt and pepper.

Miso Soup

Feeble attenuated (the yogi)

Miso can be brought fresh from good health food stores. It is delicious and there is no substitute. The yellow one is mild. This soup does not have to be complicated, in fact, the simpler the better.

Maybe have a selection of some or all of the following ingredients:

- Thinly sliced spring onions
- Thinly sliced shitake mushrooms
- Thinly sliced radishes
- Finely chopped tofu or tempeh
- Finely chopped cilantro
- Some nori seaweed flakes

Have some vegetable (or chicken stock if you or family members not vegetarian) and heat it up in a saucepan. Just before you are ready to serve, turn off the heat and whisk in some miso. Start off conservatively and add to taste. Soup quantity to feed 4 people would take perhaps a rounded tablespoon of miso, but you decide. If it needs warming up, do it very gently and don't boil.

Have people put veggies they like into their own bowl and then ladle some of the stock over the top of each one.

You could add some udon noodles if you wanted it to be more substantial or even some brown rice that may have been left over from another meal.

Mung Bean Soup

Growing expanding uncontrollably (cleansing/nourishing mung bean soup)

Cup of mung beans (usually soak these for an hour or two)

2 carrots, finely chopped

1 inch piece of grated fresh ginger

1/4 tsp turmeric and any other spices

(Cumin, coriander, fennel, fenugreek could be some other spices to add. Smell them and decide)

Vegetable stock or water

Chopped cilantro or parsley

Salt and pepper

Strain the mung beans and add them along with all the other ingredients to saucepan and boil and then simmer until the beans are tender. Add more liquid if necessary, season to taste and garnish.

Big “Veggie” Soup

Alternating between growing, dormant and feeble (spiritual aspirant working on themselves)

A lovely warming soup consisting of many textures and interesting size morsels. Mum would always make this at the end of the Christmas season after all the turkey was off the bone. A good one to do after the big holiday meals if you have some vegetables left over like peas, they can go into it and add to the variety.

(If you are using bones of chicken or turkey, keep the scraps of meat until the end and boil the bones with some sprigs of parsley, black pepper corns, 1 carrot and ½ of an onion. Boil and simmer for about 1 hour. Strain and set aside as your soup stock). Fabulous with fresh crusty bread and butter, and a simple salad.

Vegetables could be:

1 large chopped onion

2 parsnips chopped into 1” chunks

2 sticks celery chopped into 1” slices

1 large potato chopped into 1” chunks

2 small turnips chopped into 1” chunks

1 medium rutabaga chopped into 1” chunks

3 carrots chopped into 1” slices

About ½ cup of peas

Scraps of turkey or chicken if you are using them

(free range organic does make a difference and is worth the extra money. Little and good is better than large quantities of tasteless “sad” meat that comes from poorly treated stock)

Large saucepan of stock. Vegetarian or chicken or turkey *(keeping scraps of organic peeled vegetables can be used to make or add to the stock)*

1 oz butter

Organic Milk (a no brainer), can use almond or soy but the taste will not be quite the same

Pepper and salt

Chopped parsley to garnish

Simply melt the butter and cook the onions until translucent. Add all other vegetables except the peas and gently sauté for a few minutes.

Add the stock. Bring to the boil and then cover and simmer gently for about 30 min.

Add the peas (chicken or turkey, if using) and about 1 cup of milk.

Season to taste and garnish individual bowls with chopped parsley.