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Buddhist Monastery By Nancy O'Hara**

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Recipe very slightly modified from: 3 Bowls - Vegetarian Recipes from an American Zen Buddhist Monastery (by Seppo Ed Farrey with Myochi Nancy O'Hara) Hello and thank

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Seppo Ed Farrey is the chef at a Zen Buddhist monastery in New York State, and his collection of vegetarian recipes emphasizes respect for food.

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Root Vegetable Soup With Oats made 3 Bowls Vegetarian Recipes from an American Zen Buddhist Monastery" by Seppo Ed Farrey with Myochi Nancy O'Hara,

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### **Nancy o' hara (author of 3 bowls) - goodreads**

About Nancy O'Hara: Nancy O Hara is a meditation coach in real life who kills people in her fiction. She lives in New York City with her perfectly imperf

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dairy is not common in purely Japanese and Chinese preparations but may appear in dishes from American Buddhist vegetarian monastery meals in the Zen

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I think something is wrong in this recipe. It is bizarre. Why are there two sauces that are almost all soy sauce? Salty, and the tofu sauce, with the yogurt and lemon

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