

Recipe for: Green Mung Bean Soup

Ingredients:

- 1 cup whole green mung beans
- 2 cups water + tsp salt to cook beans in pressure cooker
- 2 cups water to achieve the soup
- 1 Tbsp sunflower oil or ghee
- 1 tsp mustard seeds
- 1 tsp hing (asafoetida)
- 1 bay leaf
- 1 tsp turmeric
- 1 tsp mixed cumin and coriander powder
- 1 tsp ginger, chopped
- 1 tsp garlic, chopped
- 2 tsp salt
- 1 tsp lemon juice
- 1 tsp raw sugar cane (optional)

Preparation:

Soak the mung beans overnight in water.

Clean and finely grind ginger and garlic.

Drain the mung beans, wash them two times and cook in a pressure cooker with the indicated amount of water until tender. It takes about 25 minutes.

The beans have to be broken.

If you use a regular pot, it will take 40 to 45 minutes for the beans to be fully cooked.

Heat the oil or ghee in a large, deep saucepan and add mustard seeds. When mustard seeds pop, add hing, bay leaf, turmeric, cumin, coriander, ginger and a pinch of black pepper.

Mix well.

Put cooked beans, fresh water and remaining ingredients into saucepan. Bring to a boil then simmer for a few minutes more. Enjoy.