

Riverview Wellness Center

Recipe

Client Name: Christine McCullough

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.