

BENEFITS OF MOONG BEAN SOUP

Moong bean is used in Ayurveda to balance all three doshas and eliminate toxins.

Spices are used medicinally to create a delicious and nourishing soup.

When eaten daily over a period, it will have a powerful detoxifying effect that is quite remarkable.

Spinach & Moong Bean Soup



PREP
15 MINS



COOK
45 MINS



SERVING
1-2

SOAKING OVERNIGHT REQUIRED

INGREDIENTS

- 1/3 cup / Moong beans
- 2 cups / Spinach, fresh chopped
- 1 tablespoon / Ghee or coconut oil
- 1/2 teaspoon / Cumin seeds
- 1/4 teaspoon / Asafoetida (optional)
- 1 clove / Garlic, minced
- 1 teaspoon / Fennel seed powder
- 1/2 teaspoon / Turmeric powder
- 1 teaspoon / Coriander seed powder
- 2½ cups / Water
- 1/4 cup / fresh coriander chopped
- Salt
- 1/2 / Lemon, juiced
- 1 – 4 / Curry leaves

METHOD

1. Wash and soak moong beans in 1.5 cups of water overnight
2. Remove the water from the soaked moong beans. Add 1.5 cups of fresh water, and boil the moong beans on medium heat until boiling
3. Once the water is boiling, reduce the heat to low, cover the pot with a lid and the moong beans cook for 20–30 mins until they are soft (During this time, keep checking the pot to see if there is enough water – you may need to top up the water levels once or twice)
4. Heat the ghee or coconut oil in a large pan and add the cumin seeds and asafoetida
5. Add the garlic and curry leaves and fry until aromatic.
6. Add the turmeric, coriander seed and fennel seed powder and water. Bring to the boil
7. Add the moong beans, spinach, salt and lemon juice and allow to boil for three to four minutes
8. Add the chopped coriander
9. Blend until roughly pureed (optional)

NOTE: Add more water if desired for a soupier consistency



Use coconut oil