

# GENTLE NOURISHING CLEANSING WITH GREEN MUNG SOUP



Green mung bean soup has been used for thousands of years in Grandmothers kitchens all across the Asian continent as a healing medicine. Well renowned for its nourishing and detoxifying effects, Green Mung soup helps to balance all 3 doshas. It helps clear away Aam (toxicity) that gets lodged in the body over time due to poor diet, lack of exercise and living a sedentary lifestyle. This soup is ideal for anyone trying to shed a few pounds or wanting to do a gentle cleanse.

## INGREDIENTS:

- 1 cup whole green mung beans (must soak at least 5 hours)
- 3 1/2 cups water
- 1 Tbsp Ghee/coconut oil
- 1 1/2 tsp ginger - chopped
- 1/2 tsp garlic - chopped
- 1/2 tsp cumin seeds
- 1/2 tsp mustard seeds
- 1/2 tsp Turmeric
- 1 small pinch of hing (asafoetida- available for purchase at the Indian store- not necessary... you can still make it without)
- 1 tsp Himalayan Pink Rock Salt or to taste.

## DIRECTIONS

1. Soak the mung beans overnight in water.
2. Finely chop ginger and garlic.
3. Drain the mung beans, rinse them and put them in pot with 3 1/2 cups of water.
4. Add salt and turmeric and bring to a boil.
5. Cook Mung beans fully stirring occasionally. (They are not fully cooked until they are breaking apart. Will take approx. 45 min unless you use a pressure cooker in which case it will only take about 20 minutes)
6. Heat ghee/coconut oil in a separate pan. Add hing, mustard seeds and cumin seeds. Wait until you hear the cumin seeds pop. Then add garlic and ginger and let simmer for a few minutes until garlic becomes golden brown.
7. Add ghee/coconut mixture to cooked mung beans and stir.
8. You can add greens like kale or spinach to this for some added texture.
9. Enjoy :)