

Mung Bean Soup with Spinach



Cooking time (30 minutes)

If you're making with leafy vegetables have it for breakfast or lunch. Leaves are hard to digest; so avoid it for dinner if possible.

Ingredients

3/4 cup Moong {yellow mung daal} (Soak overnight)

Salt, pepper according to taste

Fresh lime juice according to taste

1 tsp. cumin seeds

1 1/2 tsp ghee

3 cups water

A pinch of asafoetida (an Indian spice also called as Hing, available in any Indian Grocery store)

1/4 - 1/2 tsp of turmeric powder

Optional-spinach- 1 cup

Method

1. Cook soaked lentils until very soft (may take 10-15 minutes).

2. In a pan, heat ghee. When is piping hot, add cumin seeds. When they splutter add the asafetida and moong soup. (Make sure not to overheat the ghee and burn it; if it burns, discard the whole thing and redo it)

3. Add salt, turmeric, lime and pepper.

4. Boil for 10 minutes.

5. Add the leaves, cover with a lid and simmer for 5 minutes. Serve hot.