

Mung Dal Soup

Mung Dal Varan

- 1/2 cup mung beans
- 5-6 curry leaves
- 1 Tbsp coconut
- 1 1/2 cups water
- 2 tsp oil
- 1/4 tsp cumin
- 1/4 tsp mustard seeds
- 1/4 tsp turmeric
- Salt to taste
- Coriander leaves
- Fresh coconut

1. Steam the mung beans in a pressure cooker or boil.
2. Heat the oil and add the mustard seeds. When they pop add cumin seeds, asafoetida and curry leaves.
3. Add the mung beans, turmeric, water and cook for ten more minutes.
4. Add salt, coriander and coconut.

- Optional – can add chopped tomatoes.

