

Whole Mung Bean Curry

Mung Usal



- 1 tsp oil
 - ½ cup whole mung beans with skins – soaked overnight (or sprouted)
 - 1 tsp grated ginger
 - Salt to taste
 - 4 pinch asafoetida
 - ½ tsp mustard seeds
 - ½ tsp cumin seeds
 - Pinch turmeric powder
 - 5-6 curry leaves
 - 2 tomatoes – chopped – optional
 - 1 potato – chopped - optional
 - 1 1/2 cups water
 - Coriander leaves
1. Heat oil in pan. Add the mustard seeds. When they pop add the cumin seeds and curry leaves.
 2. Add turmeric, ginger and asafoetida.
 3. Add tomatoes, if using, and fry for a few minutes.
 4. Add salt, washed mung beans, potato and water.
 5. Simmer for 45 minutes or until the beans are soft.
 6. Garnish with coriander leaves.