

Sprouted Bean Curry

Modachi Usal



- ½ cup sprouted beans such as mung, mutki, whole lentils, black eye beans etc (cooked)
 - Salt to taste
 - 2 tsp oil
 - 2 pinch turmeric
 - 2-3 pinches asafoetida
 - 1 tsp grated ginger
 - 1 cup tomatoes –chopped - optional
 - 1 cup water
 - Coriander leaves
 - Fresh coconut - grated
1. Heat oil in pan then add cumin seeds, asafoetida, turmeric, ginger and tomatoes. Cook for a few minutes.
 2. Add sprouted beans, salt and water. Simmer for 15 minutes.
 3. Add coriander leaves and coconut to garnish.
- To make any sprouted bean soak the beans in water for 10 hours. Remove water and leave them for another 10 hours in a piece of cotton cloth in a warm place. Depending on the country they will sprout within 10 to 24 hrs)