

## VEGETABLE MUNG DAL SOUP

*Simple to prepare and easy to digest...*

Balances all doshas. Good for cleansing, partial fasting, or light dinner.

1 cup	Chopped zucchini or asparagus
1 cup	Chopped broccoli or cabbage
¼ cup	Chopped carrot or red beet
½ cup	Yellow mung dal
1 tsp	Ghee
1 tsp	Fennel seed
1-2 tsp	Ground coriander
2	Bay leaves, crushed
1 pinch	Hing

Wash the dal until the water runs clear. Cook dal and vegetables together in 2 cups water in pressure cooker for 10 minutes. Without pressure cooker, cook with enough water to cover vegetables until dal and veggies are soft. Cool sufficiently to transfer to blender. Blend, adding water as necessary, to make soupy. While soup is cooking sauté spices in ghee until lightly browned. Combine soup, spice mix, and mineral salt or Bragg's Liquid Aminos to taste. Garnish with fresh chopped basil.



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