

YELLOW MUNG DAL SOUP

Easily digestible and an excellent source of protein...

Reduces both Vata and Kapha doshas. With these spices it reduces the Pitta dosha. It is very easy to digest.

1 cup	Yellow mung dal
6 cups	Water
1 tsp	Ghee
½ tsp each	Black mustard seeds, ground cumin, ground coriander, turmeric
1 tsp	Cumin seeds
1 pinch	Hing (Asafoetida)
½ tsp	Mineral salt
¼ tsp	Fresh cilantro leaves, chopped

Wash the dal until the water runs clear. Cook dal in water for 30-45 minutes until soft (10-15 minutes in pressure cooker). In a small saucepan cook mustard seeds in ghee over medium heat until seeds begin to pop. Remove from heat and add rest of spices and stir. When dal is cooked add spice mixture and salt or Bragg's Liquid Aminos to taste. Garnish with cilantro.



Insights of New Orleans, LLC

(504) 832-4096

www.InsightsofNO.com