



# GREEN MOONG DAL

*Stovetop Method*

Season: Spring, Summer and Fall

Recommended for: Vata, Pitta and Kapha

Servings: 4 - 5

Serving Size: 1 cup

Calories per serving: 235

## Ingredients

- 1 cup whole Green Moong Beans
- 3 cups water
- 1.5 tsp Cumin seeds
- 1.5 tsp Coriander powder
- 1 Tbsp Ghee
- 1 tsp minced garlic
- 1 tsp fresh grated ginger
- 1 bay leaf
- ½ tsp turmeric powder
- 1 green chili chopped or chili powder (optional)
- 1-2 Tbsp cooking oil of your choice
- 1 cup chopped onion
- 1 cup finely chopped tomatoes
- 2 Tbsp chopped Cilantro - garnish
- 1 tsp lemon or lime juice

## Directions

Soak the moong beans overnight in enough water to cover them.

Rinse the moong beans after soaking until the water runs clear and set aside.

In a large pot, heat your cooking oil. Add the cumin seeds sautéing for 30 seconds.

Add the onions, ginger, garlic and green chilis or chili powder (optional) and sauté for 2 minutes. Add the tomatoes, bay leaf, coriander, and turmeric, stirring all ingredients together and continue sauteing for another 1-2 minutes.

Add the moong beans and water to the pot and stir well until all ingredients are blended.

Cook on medium heat until the moong beans are soft and tender, about 25 minutes. If needed while cooking, add more hot water. The mixture should have the consistency of a thick porridge.

When cooked, add in the Ghee, lemon or lime juice, and garnish with chopped Cilantro.

Serve with Basmati rice or chapati.