



Dr. Naram's Marvelous Moong Soup Recipe

Healing Benefits of Moong Beans (sometimes spelled Mung): nutritious, with detoxifying effects, it helps balance all 3 doshas (life elements). Aids the clearing away of aam (toxicity) that get lodged in the body over time due to poor diet, lack of exercise, and living a sedentary lifestyle. Many of these ingredients may be purchased online or in Asian/Indian food stores.

Ingredients:

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| <ul style="list-style-type: none">• 1 cup whole green dried moong beans• 2 cups water + 1½ tsp. salt• 1 Tbs. pure cow's ghee or sunflower oil• 1 tsp. black mustard seeds• 2 pinches hing (called asafoetida in the West)• 1 bay leaf• ½ tsp. turmeric powder• 1 tsp. cumin powder• 1 tsp. coriander powder | <ul style="list-style-type: none">• 1 pinch black pepper• 1½ tsp. fresh ginger, finely chopped or ground ginger• ½-1 tsp. or 1 clove fresh garlic, finely chopped or garlic powder• 2 more cups water—add to make the soup after beans are cooked• 3 pieces of Kokum (dry jungle plum)• Salt to taste when served• <u>Optional</u>: 1 cup chopped peeled carrots, 1 cup diced celery |
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Preparation Steps:

1. Rinse, remove any debris, and then soak the moong beans in water overnight. (Add 1 tsp baking soda while it soaks to help reduce gas.)
2. Drain and rinse the moong beans, adding the indicated amount of water and salt, then cook in a pressure cooker until tender. It takes around 25 minutes, depending on your pressure cooker. (The beans have to be broken.)
3. Or, in a regular deep pot, it will take 40-45 minutes for the beans to be fully cooked. Bring to a boil then to low heat with the lid on or cracked slightly. Add Kokum, carrots and celery after 25 minutes.
4. While beans are cooking, after about 20 minutes, heat the oil or ghee in a separate deep pot on medium heat until melted. Add mustard seeds.
5. When the seeds start to pop, add the hing, bay leaf, turmeric, cumin, coriander, ginger, garlic, and a pinch of black pepper and stir gently, mixing well.
6. Quickly turn heat to lowest setting. Simmer about 10 minutes — do not allow to burn.
7. Transfer the cooked beans with 2 more cups fresh water into the pot with the simmering ingredients.
8. Bring to a boil then simmer 5-10 minutes more. Enjoy! May be served with [basmati rice](#).

Recipe taken from the book: *[Ancient Secrets of a Master Healer](#)*.

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