

Become a Master at Making Miraculous Moong Soup!

Tips and Tricks for Making Moong Bean Soup (sometimes called Mung Bean)



CONGRATULATIONS!

Simply by opening this document, it says a lot about who You are. You are not only someone who wants vibrant health, but you want to do it in a delicious, excellent way.

Moong soup is one powerful tool, among so many, that Dr. Naram and the book “Ancient Secrets of a Master Healer” have to offer.

We want you to become great at knowing how to make it in a way that is mouth-wateringly delicious, as a part of helping you to achieve vibrant health, unlimited energy, and peace of mind.

This document contains:

- Benefits of Eating Miraculous Moong Soup
- Important Notice (for anyone considering doing the full 30-Day Moong Detox)
- Note for Beginners (those who are making the soup for the first time)
- Tips & Tricks to Eliminate or Reduce Gas and Bloating
- Additional Tips for Making your Moong Soup Devinely Delicious (submitted from people around the world)
- Some additional full recipes people have submitted, with their slight alterations

NOTE:

Help us make this document better! If you have tips or recipes you would like to share with others, please send them to me: DrClint@MyAncientSecrets.com

(1) Benefits of Eating Miraculous Moong Soup

Some common benefits of eating Moong Bean Soup (Moong Beans with all the other ingredients) include:

- Helps to balance all three metabolic body types or doshas: Vata, Pitta & Kapha.
- Aids the clearing away of aam (toxicity) as a powerful detoxifier.
- Has anti-cancer and anti-inflammatory properties, helps diabetes, improves cholesterol and blood pressure levels, and is very high in antioxidants.
- Best diet to speed up healing in the body (recommended with cooked green vegetables).
- One great benefit of eating only moong soup during the detox, is that you are not eating all the other stuff which has been causing you problems.
- It is very high in digestible protein - These beans are one of the best plant-based sources of protein. (reference)
- It is rich in essential amino acids, such as phenylalanine, leucine, isoleucine, valine, lysine, arginine and more. Essential amino acids are those that your body is unable to produce on its own. (reference)
- High in soluble fiber and resistant starch, promoting and improving digestive health
- Moong beans are rich in vitamins and minerals.

One cup (7 ounces or 202 grams) of boiled moong beans contains (reference):



Calories: 212
Fat: 0.8 grams
Protein: 14.2 grams
Carbs: 38.7 grams
Fiber: 15.4 grams
Folate (B9): 80% of the Reference Daily Intake (RDI)
Manganese: 30% of the RDI
Magnesium: 24% of the RDI
Vitamin B1: 22% of the RDI
Phosphorus: 20% of the RDI
Iron: 16% of the RDI
Copper: 16% of the RDI
Potassium: 15% of the RDI
Zinc: 11% of the RDI
Vitamins B2, B3, B5, B6 and selenium



Here is a fun clip where Dr. Giovanni Brincivalli discusses research and health benefits of whole green moong beans. https://youtu.be/tpcZVFs_MiU

(2) IMPORTANT NOTE:

(For anyone considering doing the full 30-Day Moong Detox)

The full 30-Day Moong Detox is a very powerful, deep healing process, it is STRONGLY recommended to first schedule an appointment with a Vaidya/Ayurvedic doctor before beginning.

The detox process is not recommended for everyone, and often people need some extra support, especially during the first days, as with any kind of detox.

Additionally, there are some herbs you can order which may support the healing to go deeper (e.g. Healthime Detox Kit), which can be customized to you.



Book your appointment with an Ayuskakti Vaidya now:

[CLICK HERE TO BOOK YOUR APPOINTMENT](#)

(Consultation is around 30 minutes. The fee is only \$15.)



(3) Note for Beginners:

(Those who are making the soup for the first time)

Are You New to Preparing Miraculous Moong Soup?

If you are new to making Moong soup, bravo for taking the first step.

The best place to start is by following the simple recipe from the book *“Ancient Secrets of a Master Healer”* (on pages 173-174) -OR- you can now download the recipe as a PDF File from the website: [Click Here For Dr. Naram's Moong Soup Recipe](#)

This basic recipe is delicious, and the downloadable PDF hyperlinks each ingredient to where you can order them online.

Once you make this basic recipe, you can then experiment with some slight alterations, to master the perfect recipe for you.

(Note: It is very important to read labels on any spices and other products you may want to add, in order to avoid preservatives and extra processed foods. They should be gluten free, dairy free, and contained no refined sugars)

(4) Tips & Tricks to Eliminate or Reduce Gas & Bloating

Moong beans have carbs that are easier to digest than most legumes. Most people do not have any problems with gas or bloating from following the basic recipe. Some of the ingredients in the recipe already help to prevent gas. For example, adding Hing and Kokum significantly reduces the chance of gas build up. Where you get your moong beans from might make a difference. So rinsing, then soaking overnight and/or parboiling them can help.

If you still are experiencing some signs of gas or bloating, here are some additional simple tips to help prevent it.

First, be aware that as your digestive issues are being healed, and as your digestive system gets stronger, then gas and bloating naturally diminishes. This is something you can discuss with your Ayushakti Vaidya/Healer.

For example, Irene B said, "I had bloating until my digestion got stronger. I also took herbal remedies, the detox tea and psyllium husk. Check with your Ayushakti doctor to see if this is appropriate for you."

One herbal remedy which can help you reduce and/or eliminate any gas/bloating issue is:
Gas Mukti formula

Additional tips from people around the world:

Clint R

Add 1 tsp raw sugar or baking soda to moong beans while soaking overnight. Dump out the water and rinse before cooking. Also some people have reported that if they sprout the beans, it creates more gas, so I prefer using un-sprouted whole green moong.

If you forgot to soak the beans overnight, it can help to parboil them 3 times before cooking. (you put the beans in water on the stove until the water just barely boils, then strain out water, add new water, and do it again 3 times.)

Julia G

While soaking them overnight is the basic recommendation, soaking longer and rinsing them a few times, adding new water, helps eliminate gas. I like to soak the beans for about 32 hours to get the texture I like, having used 1 tsp raw sugar in the first soak, and replacing water twice. I have had no problem since I started this. I have also used 1 tsp baking soda doing the same process.

Additional tips from people around the world:

Aparna Y

It was recommended by my Ayushakti doctor to use Moong Dahl (split and de-husked whole green moong beans) to prevent gas.

Jane W

I have found that rinsing the beans very well before soaking them and then soaking for 6-8 or 12 hours works well. Ideally, I change the water every 2-3 hours and rinse them very well before cooking them which helps a lot. It took some time for me to learn how to stop being gassy.

Jon J

Add 1 tbsp raw cane sugar to soaking moong beans at least 24 hours until the hulls crack, then add Hing & Kokum. Most will not experience gas. We all have different GI systems, but the suggestions so far have been magic for most.

Also, here is an ancient healing tea recommended to me which can help reduce gas...

1 tsp jeera powder (cumin)

½ tsp sunthi (ginger)

¼ tsp ajwain (carom)

½ tsp black salt

1 pinch hing (asafoetida)

Mix all in half a glass of water and have two times a day after food.

If you have a lot of gas, have 4 times a day.

Ken W

Add a few dates. Let the beans soak for half a day until they become alive. Put in bicarb (baking soda) while soaking to reduce lectins.

Linda

For reducing sulfur causing gas issues, soak and cook the beans with 1 tbsp anise seeds or kombu seed weed.

Mindi S

Soak the beans in raw sugar and apple cider vinegar.

(5) Tips for Making Moong Soup Delicious! (submitted from people around the world)

Once you create a fantastic soup with the basic recipe, you may want to experiment with some slight alterations.

You can try these suggestions to create your ideal soup and/or discover options on how to switch things up to create multiple-versions of Moong soup for a bit of fun!

These are tips and tricks from people around the world with their adaptations to make mouth-watering moong bean soup:

Andrea K

Adding ghee-roasted onions sprinkled on top of the soup gives it an extra tasty kick. Onions change their characteristics once they are softly roasted in ghee and become sweet. The sweet taste gives power to the body and lowers the vata dosha. And/or adding cardamom and fennel powder when roasting the masala ingredients in ghee at the beginning.

Jody C

Butternut squash makes it taste even more delicious.

Aparna Y

I reduce garlic and add ajwain (also known as carom) and fennel in tempering. Sometimes I add fresh/frozen coconut, cumin, cilantro with stems and green chili in the soup.

(Note: in traditional Ayurvedic cooking suggestions, you usually do not mix chili and onions)

Arleen S

When heating the ghee, be mindful that too high of heat will make it smoke and overheat. Keep heat low to medium. I also bought a smaller size mustard seed that pops quicker than the larger ones. My process is to heat the ghee with mustard seeds, add spices, cook a little, add onion, celery, bay leaves and carrots. Let them cook a little. Add beans and water. I also add broccoli, spinach, and butternut squash at the end.

Side note - Our mindset while preparing the soup is very important!

Tips for Making Moong Soup Delicious!

Arati M

I do use soaked and sprouted moong beans and keep them ready for topping any soup, salad, or omelette, mixing into idlis and vadas. Any mixed vegetables can be added.

(Note: There is some debate regarding if sprouting is better or not. In general, Dr. Naram did not encourage people to sprout the beans first. Sometimes sprouting the beans first makes it so there is more gas. If sprouting, cooking them will take away this problem.)

Here is my recipe:

500-700g moong beans sprouted (soaked from 1-3 days)

Same amount of veggies (broccoli, carrots, green beans, asparagus as suggested),

1 ½ tbsp ghee, 2 garlic cloves crushed, 5cm ginger finely grated, 1 cardamom,

¼ tsp of hing, cinnamon and fennel seeds, ½ - 1 tsp cumin, coriander seeds,

1 cup fresh cilantro at the end together with grated coconut to taste.

Boil moong bean sprouts in a pressure cooker for 2 minutes, wait for pressure to reduce by itself. Mash beans in a mixer. I added 1 liter of water for cooking a mixer total amount although more was suggested. In ghee fry spices for a few seconds under low heat, add veggies and moong bean pulp, cook for 5 minutes. I added 1 tsp salt, and 1 tbsp of soy sauce and a cube of vegetable broth.

(Note: Soy sauce has gluten in it which is not recommended.

Coco amino acids can be used as a substitute.)

It is great as a soup or with rice. Even my husband liked it.

Clare and Mark D.

Our secret is to add fresh collard greens, kale, and chard from the garden, garam masala, and extra black mustard seeds.

Mike S

I pop the mustard seeds in the Instapot in ghee then add ginger and garlic until browning slightly. Then I add the rest of the spices and am prepared to add water as soon as needed to prevent burning.

Then add already cooked moong beans and other veggies as desired with more water: carrots, celery, beetroots, and string beans!!!

It's amazing - the added veggie ingredients are from Ayushakti Dr. Priyanka: French beans, beetroot, carrots, and celery (but she said no potatoes or sweet potatoes are allowed for me).

Tips for Making Moong Soup Delicious!

Geeta

Kokum & tamarind just add sourness to the dish

(Note: Tamarind and other sour and fermented foods are generally discouraged... Kokum is great for giving the same kind of a flavor, and also helps with digestion.)

Indraini M

If you like you could add a pinch or two of hing or asafetida, the spice that helps in digestion and prevents gas. It also has a strong aroma so add cautiously.

Jon J

For me, the easiest and tastiest thing I have done is add some Lawry's Casero Adobo Seasoning! I like the one with pepper, but it seems they have a version without it.

(Note: Always read ingredients on extra spices and look for additives - keep it pure for detoxing.)

Mandy P

Doubling up on ginger and garlic have helped me. Also I notice that some kinds of ghee I like much better than other kinds.

Linda

Add to original moong bean soup recipe: 1 can coconut milk, 1 head cauliflower, and 2 tbsp Shawarma Seasoning.

Marie S

We add all kinds of vegetables to our soup, varying every time so it doesn't get boring - carrots, broccoli, zucchini, yams, celery, and spinach.

Paige H

The best thing I have done for taste is double or triple the onion, garlic and veggies.

Shyama D

I sprout the beans, cook and cool them; put them in blender until creamy. They are placed back in the pot, spices added and cook some more for it to be blended and creamy.

Tips for Making Moong Soup Delicious!

Clint R

I like adding vegetables/herbs such as: asparagus, zucchini, squash, onions, and cilantro. And a good vegetable bouillon.

When I also add 1 or 2 tbsp ghee at the end of the soup preparation, it also makes it more creamy.

And many times I add a little garlic salt for taste at the very end.

Punam P

For making it more delicious, I blend the kokum first in ½ cup of water. This gives a tangy taste. I also double garlic and ginger. I use vegetable stock when I add vegetables for a nice taste.

To make it fast, I use an instapot. You can just throw all the ingredients in, with 1 cup of moong soaked overnight, and add 3 cups of water, and cook it on “manual setting” for 9 minutes (if you like it a bit mushy) (Use less time and less water if you want the beans more solid at the end).

Gary M

I like to add rutabaga, and as another secret I like to add: “Better than Bouillon: Seasoned Vegetable Base.” At the very end, I like to sprinkle a handful of raisins on the top of my soup and mix it in.

Julia G

I put the Kokum in with the beans, as they cook, to soften them. I add the chopped carrots and celery after the beans have been cooking for 25 minutes. To the sauteed spice mix, I add an extra tbsp ghee, 1 tsp garam masala, 1-2 tsp extra ginger, 1 tsp extra black mustard seeds and ½ tsp each coriander and cumin powder. I keep cooked yams or sweet potatoes in the fridge and have them ready to slice a few pieces in my soup when heating it. I make a quadruple batch of moong soup and freeze in containers so it is available every day. I like to put fresh greens, spinach, or kale on top of the hot soup so it softens when eating. Cooked millet or basmati rice is added occasionally. You can also top the soup with fresh cut cilantro.

(6) Additional Recipes, with Slight Alterations (including video links demonstrating some)

Julia G. demonstrating the recipe from the book *“Ancient Secrets of a Master Healer”*

<https://youtu.be/kGtqi81G1xA>

Classic Ayushakti recipe:

<https://youtu.be/lt8JvDpNWYc>

Spicy split soup

<https://youtu.be/5ltNdrQe8n0>

Dr. Marianjii's moong recipe

<https://youtu.be/l-jY6ChRJrA>

Glenda's moong dal soup recipe

<https://youtu.be/y91KmaWIUrE>

Making Moong Soup with Instapot (Jody S.)

<https://youtu.be/kH-j7culy5M>

Pooja's Recipe for Easily Digestible Moong Detox Drink

<https://youtu.be/lw0P6lZl8aE>



BONUS Full Recipes for You:

Secret recipe from Millie, Dr. Clint G. Rogers Mom Millie's Magical Moong Bean Soup!

1 cup moong beans soaked overnight – Rinse well

Heat 1 tbsp ghee over medium heat and add 1 tsp black mustard seeds. Cook until the mustard seeds pop.

8 cups of water

2-5 vegetable bouillon (or cubes chicken bouillon)

(Note: Vegetable bouillon is suggested.)

1 heaping tbsp minced garlic

4 pieces of kokum chopped

2 bay leaves

1 tsp turmeric

1 tsp coriander

1 tsp cumin

1 tsp ginger

1 tsp garam masala

2 pinches of hing or asafetida

1 cup chopped onions

1 cup chopped carrots

2 stocks of chopped celery

Add any other vegetable you like.



I cook this in my pressure cooker on a simmer for about 1 ½ hours.



BONUS Full Recipes for You:

Sivie P's Moong Dahl Soup

2 cups moong dahl beans, soaked and washed

Place in pot on stove, then add: 1 tsp pink himalayan salt and 4 cups water.

Bring to boil, add ¼ tsp oil so it doesn't boil over.

Add ½ tsp turmeric powder and cook on high for 10 minutes.

Reduce heat and cook on low for about 30 - 40 minutes.

If water level is low, add hot water.

When moong is soft, remove and drop into a dish and let cool. Wash the pot.

Add 2 to 3 tbsp of ghee to clean pan.

When ghee is heated, add:

1 finely chopped onion

½ tsp jeera seeds

½ tsp mustard seeds

3 pieces of crushed garlic

Curry leaves

¼ tsp turmeric powder

Dried chillies, amount according to preference - maybe 2 - I use about 6

Simmer on low for flavors to mix, stirring continuously.

After about 15 minutes, add the moong dahl beans.

Let it boil on high for about 5 minutes.

Reduce heat and let it simmer for 15 minutes.

If the soup is thick, add more hot water to preferred thickness.

Add chopped coriander leaves.

You can add a different variety of vegetables when braising the ingredients (i.e. finely chopped carrots, broccoli, green beans, peas). You can add boiled lentils or channa during braising.

(Note: Some people should avoid chillies, and some should avoid broccoli. Check with your Ayushakti practitioner for your personal situation.)

Help us make this document even better -

Please share your tips, tricks and recipes

Email them to: DrClint@MyAncientSecrets.com

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