

Mung Beans & Rice

This healing dish combines mung beans (excellent for your digestive system), the trinity roots (onions for blood cleansing, ginger to pick up your energy and garlic to help you detoxify), delicious and healthful spices, easy to digest basmati rice for your kidneys and lots and lots of great vegetables. With the balance of protein and vegetables along with the spices and trinity roots, you can live youthfully on this dish. Add some homemade yogurt on the side, some Bragg's squirted over with a drizzle of ghee and more red chilies sprinkled on top. Add a hot steaming cup of Yogi Tea and you'll be in heaven eating like a divine Yogi.

Serves 10-12

1/4 cup clarified butter or olive oil
1 onion
1/3 cup chopped ginger
5 cloves of garlic chopped
1 teaspoon salt
1 teaspoon turmeric
1 teaspoon garam masala
1/2 teaspoon black ground pepper
1/2 teaspoon dried red chili flakes (optional)

Six cups of water
1/2 cup mung beans (pick through beans for pebbles and wash well in strainer)

3 cardamom pods crushed and inside seeds removed
2 teaspoons dried basil

1/2 cup rice (wash well in strainer, then let drain)
4 cups of vegetables (I like celery, carrots and zucchini)

[Braggs](#) or Soy Sauce or Salt (add to taste at the end)

Make sure there are no tiny pebbles in your mung beans, then wash them in a strainer. Soak them in a four quart soup pot with the six cups of water. Meanwhile, cut up your onion, ginger and garlic. Heat clarified butter or Olive Oil in 10" skillet. Saute' onion, ginger and garlic with one teaspoon of salt for 15 minutes. Move the onion mixture around to the sides of the pan and put in your turmeric, garam masala, black pepper and optional chili flakes into the center of the pan (there should be some oil in their, if not add a couple of teaspoons. When the spices start to sizzle, time 30 seconds. Then mix the spices in with the onion mixture thoroughly. Then add this onion/spice mixture to your soup pot of mung beans. Also add the cardamom pod seeds and dried basil. Then bring to boil, turn down, cover with lid and boil for 30 minutes on low heat. Meanwhile, cut up your vegetables. Add veggies and washed rice to the soup pot. Bring back up to a boil and turn down low covering for 20 minutes. Be sure to stir half way through so rice does not stick. If it needs water add 1/2 cup of water at time stirring and bringing back up to a boil each time. This can be a thick stew like soup or have a more thinner consistency. It depends on how you like it. Add Braggs or salt to taste.

You can find garam masala, turmeric, cardamom, mung beans and basmati rice all at your local Indian Grocery store. [Braggs Liquid Aminos](#) similar to soy sauce, but is healthier and has a delicious brothy taste.