



TRIDOSHIC DAL



Tags: [Fall](#), [Kapha](#), [Vata](#), [Winter](#)

Prep Time: 15 Min

Cook Time: 35 Min

Serves: 4

Directions:

1. Soak and sprout your mung beans.
2. Add the rinsed beans and 6 cups of water to a soup pot and bring to a boil. Stir beans occasionally to prevent sticking. Cook on medium heat, uncovered, for 30 minutes.
3. Add 2 more cups of water and continue to cook for another 15-20 minutes or until the beans are tender. Set aside.



4. Heat ghee in a small pan until medium hot, then add the mustard and cumin seeds. When the seeds pop, stir in the curry or bay leaves, turmeric, and masala powder. Mix quickly.
5. Stir this spice mixture into your soup. Add salt. Add more water, depending on how thick you want your soup.
6. *add veggies if desired – 1/2 – 1 cup of chopped vegetables like green beans, carrots, broccoli.
7. Bring to a boil for 2 minutes and serve. Goes great with a side of basmati rice!

Ingredients:

- 1 cup mung dal
- 8 cups water
- 2 Tbsp. of ghee
- 1 tsp. cumin seeds
- 1 tsp. black mustard seeds
- 5 curry or bay leaves, fresh or dried
- 1 small handful of cilantro leaves, chopped
- 1 tsp. turmeric
- 1 tsp. masala powder
- 1 tsp. salt
- 1/2 cup – 1 cup of chopped veggies*

This is a great dal for everybody. It is a protein-rich, energizer meal. It is great with steamed spiced rice. Green mung is astringent with cooling energy.