
– Mung Beans with Sweet Potatoes –

This recipe is balancing to all three doshas but particularly to Vata dosha.

Ingredients

- 2 cups mung dal (split yellow mung beans)
- 8 cups water
- 1 sweet potato
- 1 cup onions, chopped or 1 cup chopped fennel bulb/celery
- 1 tsp mustard seed
- 2 Tbsp ghee

Directions

Rinse the mung dal and leave to soak until needed.

Peel and dice the sweet potato. Set aside until needed.

Heat the oil and mustard seeds in a heavy bottom saucepan until mustard seeds pop.

Add and saute the onions in hot oil until they are translucent.

Add the mung dal and stir to coat. Beware of splattering oil if mung is too wet!

Add the water and sweet potatoes.

Simmer 20 minutes until the mung dal are soft and the sweet potato is cooked.

