

Healing Soup – Indian Mung Bean Detox Soup

Ingredients

- 1 cup split yellow mung beans (moong dal), rinsed
- 1 tbsp coconut oil or ghee
- 1 tsp cumin seeds
- 1 tsp grated fresh ginger
- 1 garlic clove, minced
- 1 tsp turmeric powder
- 1/2 tsp coriander powder
- 1/4 tsp asafoetida (hing) – optional

- 4 cups water or vegetable broth
- 1 carrot, diced
- 1 zucchini, chopped
- 2 handfuls of spinach or kale
- Sea salt, to taste
- Fresh cilantro and lime wedge to serve

Instructions

1. Rinse the mung beans thoroughly and soak for 20–30 minutes (optional, for better digestion).
2. In a pot, heat coconut oil or ghee. Add cumin seeds and let them sizzle.

3. Add ginger, garlic, turmeric, coriander, and optional asafoetida. Stir for 1 minute.
4. Add mung beans, diced carrot, and 4 cups of water or broth. Bring to a boil.
5. Lower heat, cover, and simmer for 25–30 minutes until beans and veggies are soft.
6. Add chopped zucchini and greens. Simmer for 5 more minutes.
7. Season with sea salt. Garnish with fresh cilantro and lime.

Health Benefits

- **Mung beans** aid detoxification, are high in fiber, and support gut health.

- **Turmeric** reduces inflammation and boosts immunity.
- **Ginger and cumin** stimulate digestion and balance metabolism.
- **Leafy greens** provide minerals and support liver function.