Mung Beans and Rice - DASK Version

EJ

Servings: 14
Yield: 1 pint

1 cup brown rice
1/2 cup mung beans
1 tablespoon tumeric
1/2 teaspoon black pepper
1 piece kelp, about 4"X8" piece
1 piece ginger, minced; using about thumb sized piece or larger
4 tablespoons vegetable broth, powdered
1 tablespoon tamari or soy sauce
3 leeks, washed thoroughly & chopped small
1 cup broccoli, 1/2" pieces
1 cup green beans, 1/2" pieces
1 bunch greens - collards or kale, chopped
2 cups green peas, frozen
1 large onion, 1/2" dice
3 tablespoons celery, 1/2" dice
1 tablespoon bell pepper, 1/2" pieces
5 cloves garlic, minced
1/2 cup italian parsley, small chop
7 whole avocado, diced; 1/2 avocado per serving
2 large carrotsd, 1/2" dice
1 small to medium size potato, 1/2" dice

Cuisine: Indian

Put the rice and mung beans in a 3-4 quart saucepan. Fill the pan to within about 2 inches of the top with cold water. (There should be about 6-7 cups of water.) Add turmeric, pepper, kelp, vegetable broth powder (2 Tbsp) , soy sauce, minced ginger, and minced garlic.. After about 20 minutes of soaking, take out the softened kelp and chop it into very small pieces (mince) and place it back in the rice mixture. Heat rice and bean mixture until it boils; cover the pan, and then turn the heat to low.

In another larger pan (a stock pot would be good), boil 3 or 4 cups of water and add vegetable broth powder (2 Tbsp). Add the vegetables to the pan as you finish prepping them.. Return to a boil after last veggies are added. Cover pot and reduce heat to a low flame.

After about 40 minutes, check rice to make sure that it's not sticking to the bottom and is cooked. When rice is cooked, mix the cooked vegetables and the mung beans and rice together in the larger pot. Cover and cook the mixture on low heat long enough so that the rice and mung beans are very, very soft. It should appear to be a very thick soup. If too thick, you can add water or liquid veggie broth to thin out the soup to a consistency that you like.

Serving suggestions: Garnish the top of each serving with 1/2 of a diced avocado. Add tamari or Bragg's Liquid Aminos if the soup isn't salty enough. I personally undersalt my food for health reasons. You can also garnish the top with a splash of flaxseed oil or extra virgin olive oil. The oil and the avocado help to make you feel more "full" when you eat this very lean and healthy soup.

Any combination of green vegetables may be used as well as any combination of spices; just be sure to include tumeric and kelp. The original recipe had mint I eliminated it because of my personal preference. Since this makes a lot of soup, after making it, I let it cool down and then repackage it into 7 one-quart containers and put it in the refridgerator. Since it is vegan, it lasts longer than many soups. I'd say that it's at it's best for 3 days. My husband and I usually finish all of it in that time.

Per Serving (excluding unknown items): 282 Calories; 16g Fat (48.2% calories from fat); 7g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 46mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fruit; 3 Fat.