



Lemony Mung Dal Soup

This lemony mung dal soup is a classic Ayurvedic soup recipe known for being light, comforting, and easy to digest.

Servings: 3-4

Preparation Time: 30 minutes



Ingredients

- 1/2 cup split **yellow mung dal** (soaked overnight)
- 1/2 tsp **turmeric powder**
- 1/2-1 tsp **pink Himalayan salt** to taste
- pinch of **hing** (asafoetida)
- 4 cups water
- 1 tbsp **ghee** (or make your own ghee)
- 1 tsp **cumin seeds**
- 1/4 tsp ground **black pepper**
- 1/2 tsp **powdered coriander**
- 1/4 tsp grated ginger (optional)
- Juice of 1/2 lemon
- Chopped cilantro for garnish

Instructions

- Rinse mung dal thoroughly.
- Boil in water with turmeric, salt, and hing until very soft (about 20-25 minutes).
- In a small pan, heat ghee, add cumin seeds until they pop, then add ginger, black pepper, and coriander.

Lemony Mung Dal Soup (Cont.)



Instructions (Cont.)

- Pour this into the cooked dal and cook for 5-10 minutes more.
- Stir in lemon juice and salt.
- Garnish and serve warm.

This dish is excellent for all types at any time of year. Pitta may wish to use lime instead of lemon. If digestion is sluggish, add a little ginger or chili.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

