



### ***ChayaVeda's Ayurvedic Yellow Mung Dal Soup*** ***Yellow Mung Dal is an Ayurvedic Staple***

1 cup yellow mung dal  
6 cups water  
4 tablespoons ghee or coconut oil  
½ teaspoon mustard seeds (optional add for more heat, +P, -VK)  
½ teaspoon cumin powder  
½ teaspoon coriander powder  
pinch of aseoitida/hing  
½ teaspoon turmeric  
¾ teaspoon black pepper  
1 ½ inch piece fresh ginger, peeled and chopped fine  
1 small handful cilantro leaves, chopped  
1-2 cups vegetables, cut into very small pieces  
¾ teaspoon pink salt

Wash the mung dal and soak for a few hours, rinse and drain.

Add the mung dal and half the water. Bring to a boil and skim off the white foam and cook for about 15-20 minutes.

Add more water and bring to a boil, skimming off the white foam.

Cook in for about 20 minutes

Heat the ghee or coconut oil on medium heat in a small saucepan

If using mustard seeds for additional heat, sauté them in the oil until they pop

Add the powdered spices and sauté, add the ginger and stir until ginger is browned slightly

Add this mixture to the cooked dal and stir in salt to taste.

Bring to a boil for a minute or two. Remove from heat.

This can be served with basmati rice.

Mung dal is sweet and cooling and thereby calms *vata* and *pitta doshas*.

Varying the spices according to constitution

Ghee helps balance the drying qualities of the spices for *vata*

Cilantro and coconut are cooling for *pitta*

For *Kapha dosha*, use less ghee or oil, for *kapha* and *vata* add ½ teaspoon mustard seeds with the spices and allow them to pop before adding other ingredients.

Traditionally ghee is used for its cleansing and rejuvenating properties, plant based oils can be substituted.