



FOR TOTAL WELL-BEING

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DAL Soup For Clearing AMA and Building Immunity

-Vata, -Pitta, -Kapha · Serves: 5-6

Preparation time: 3 days to sprout mung, 30 minutes to 1 hour to make the soup.

Ingredients:

- 2-3 cups sprouted mung beans
- 2-3 cups chopped vegetables
- 1 ½ tsp ghee
- 1-2 inches of fresh ginger root, peeled and chopped finely
- ½ to 1 tsp cumin seeds or powder
- 1 tsp coriander seeds or powder
- ½ to 1 tsp turmeric
- ½ tsp fresh ground black pepper
- 2-3 bay leaves
- 1/8 tsp each of fennel seed, *hing*, cinnamon, and cardamom
- ½ cup fresh coriander leaves, chopped

Garnish: coconut and more chopped coriander leaves

Directions:

1. In a pressure cooker, cook sprouted mung for about two minutes after reaching full pressure, or cook the beans in water in a covered saucepan until soft. Using the cooking water, puree mung in blender. Set aside.
2. In soup pot, heat the ghee. Add spices and toss until coated and their aromas emerge.
3. Add chopped vegetables to spices and ghee and toss until coated. Stir for 2 minutes, then add 5-6 cups of water. Mix well. Bring to boil, then reduce heat and simmer covered until veggies are cooked.
4. Add pureed mung beans to soup pot. Stir. Bring to boil again. Reduce heat and let soup simmer for 5 minutes.
5. Add more water if a thinner consistency is desired. Add salt to taste, about ½ tsp.

Comments: This recipe comes from Ivy Blank, Director of the Ayurveda Center of Santa Fe, based on a dish made by Drs. Smita and Pankaj Naram of Bombay. It is specifically designed to reduce ama and rest the digestive tract during illness, convalescence or rejuvenation therapy. The mung beans are cooling by nature yet are warmed by the addition of the ginger and the other warming spices. Amounts of the spices and the type of vegetables used can be adjusted to suit the individual. One stick of kombu can also be added to reduce gas and add trace minerals. This is an excellent one-dish meal which can be served a few times each week to rest the system, if you like.

Notes:

- If you are using this dish during *Panchkarma* therapy, increase the ghee to 5-6 Tbsps for best effects because greater amounts of oleation are needed during this process.