

## Coconut Mung Beans

*A great addition to your holiday menu*

### INGREDIENTS

- 1 1/2 cup dried mung beans
- 1/2 cup chopped yellow onions
- 1 cup plain unsweetened coconut milk
- 1 tsp fresh chopped jalapeño pepper
- 1 tsp garlic powder
- 2 tsp sea salt
- 1 tsp ground white pepper
- 1 tsp peeled and chopped ginger root
- 1 tbs soy sauce
- 2 cups chopped kale



### INSTRUCTIONS

- Soak mung beans in 2 cups of water for 5 hours or overnight
- Rinse beans and place in a pot of boiling water on stovetop (water should cover beans)
- Add 1 tsp of sea salt
- Cook beans until tender (approximately 30-45 minutes) the water will cook down
- In a sauce pan sauté onions, pepper and ginger root in 2 tablespoons of water until onions are translucent
- Add coconut milk (include the clear liquid)
- Add spices and soy sauce
- Stir until well blended
- Cook for 10 minutes and add to cooked mung beans and let cook for an additional 10 minutes
- Add chopped kale and gently stir into the bean mixture
- Cook until kale starts to wilt