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## MUNG BEANS AND RICE

This is a perfect pre-digested food. It is easy on the digestive system and very nourishing.

1 cup mung beans  
1 cup basmati rice  
9 cups water  
4-6 cups chopped assorted vegetables (carrots, celery, zucchini, broccoli, etc.)  
2 onions, chopped  
1/3 cup minced ginger root  
8-10 cloves garlic, minced  
1 heaping tsp. turmeric  
1/2 tsp. pepper  
1 heaping tsp. garam masala  
1/2 cup olive-oil (s. text)  
1 tsp. crushed red chiles  
1 Tbsp. sweet basil  
2 bay leaves  
seeds of 5 cardamon pods  
salt or soy sauce to taste

Rinse beans and rice. Bring water to a boil, add rice and beans and let boil over a medium flame. Prepare vegetables. Add vegetables to cooking rice and beans. Heat about 1/2 cup oil in large frying pan\*. Add onions, garlic and ginger and saute over a

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medium-high flame until browning. Add spices (not salt or herbs). When nicely done, combine onions with cooking mung beans and rice. You will need to stir the dish often to prevent scorching. Add herbs. Continue to cook until completely well done over a medium-low flame, stirring often. The consistency should be rich, thick and soup-like, with ingredients barely discernible. Serve with yogurt, or with cheese melted over the top.

Serves 4-6.

\* nur eine kleine Menge des Olivenöls zum Anbraten benutzen. Den Rest nach art der Kocher (<60°C) dazu geben. Dadurch bleibt das Olivenöl bekömmlicher.

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Im Kühlschrank ca. 3 Tage haltbar, so dass Du auch "vorkochen" könntest.