

# Split Red Lentil (Masoor Dal) + Split Mung Beans (Moon Dal) Veggie Soup, Vegetarian (Vegan option)

Betty Brown, CAS

*Instant Pot and Stove Top Options*  
*Balances VPK*

## Ingredients:

- 1 Tbsp. organic ghee ( coconut oil or olive oil for vegan version )
- 2 tsp. of each spice: ground coriander, ground cumin, ground fennel
- 1 tsp. ground turmeric powder
- 1 small red onion diced (or sweet onion)
- 1 inch knob of fresh ginger, peeled and minced.
- 1– 3inch cinnamon stick
  
- ½ cup split red lentils
- ½ cup split mung beans
  
- 4-5 cups of water or veggie broth
  
- 1 medium carrot, diced
- 1 small yellow or orange beet, diced
- 1 medium zucchini, diced
- 3 cups of baby greens (such as spinach, arugula, kale, swiss chard )
  
- 1 Tbsp. tamari or gluten free soy sauce or coconut aminos
- Mineral Salt and black pepper to taste
  
- Cilantro or parsley chopped for garnish
- Wedge of fresh lime or lemon
- Cooked white or brown basmati rice

## Instant Pot Preparation:

1. Set instant pot to sauté setting to medium. Add ghee, ground spices and cinnamon stick, and saute for 5-7 seconds, being careful not to burn.
2. Then add diced red onion and minced ginger and sauté for 30 seconds.

NOTE: if your pot becomes too hot then turn off sauté setting, wait and restart sauté setting.

3. Add split red lentils and split mung beans and sauté for about a minute being careful not to burn.
4. Add water or veggie broth, diced carrot, beet and zucchini. Stir until fully mixed.
5. Lock lid in place and set to high pressure for 10 minutes. Allow to naturally release.
6. Add baby greens, and stir to incorporate until it turns bright green
7. Add tamari, mineral salt and black pepper to taste. If your Pitta dosha is aggravated, use coconut aminos.
8. Serve over cooked white or brown basmati rice, and garnish with cilantro or parsley and fresh squeezed lemon juice. If your Pitta dosha is aggravated then use lime juice.

### **Stove Top Preparation:**


1. In a large pot, heat the ghee and sauté all ground spices and cinnamon stick for 5-7 seconds, then add onion and fresh ginger, saute for about a minute or until onion is translucent. Stir often and do not allow it to burn.
2. Add split red lentils and split mung beans and sauté for about a minute being careful not to burn
3. Add water or veggie broth, diced carrot, beet and zucchini. Stir until fully mixed, and cook covered on medium low for 30 minutes or until vegetables and lentils are fully cooked.
4. When vegetables are soft and lentils cooked, then add baby greens, stirring to mix completely.
5. Add tamari, mineral salt and black pepper to taste. If your Pitta dosha is aggravated, use coconut aminos.
6. Cook until baby greens are bright green in color.
7. Serve over cooked white or brown basmati rice, and garnish with cilantro or parsley and fresh squeezed lemon juice. If your Pitta dosha is aggravated then use lime juice.

**Note:**

- If you want a really creamy variation, add 1 cup of coconut milk and decrease water by 1 cup. Adding coconut milk may increase Kapha dosha. If you are trying to balance your Kapha dosha, omit the coconut milk or even just use ½ cup.
- You may substitute vegetables in the recipe for seasonal vegetables that are available.
- Split Mung Beans Ayurvedic Nutrition Information:  
<https://www.mudita.institute.com/resources/blogs/happybelly/mungdaal.html>
- Split Red Lentils Ayurvedic Nutritional Information:  
<https://www.mudita.institute.com/resources/blogs/happybelly/redlentils.html>

*Ayurvedic Recipes*

**SPLIT RED LENTIL (MASOOR DAL) + SPLIT MUNG BEANS (MOON DAL) VEGGIE SOUP**



BALANCES  
VPK

WARMING

NOURISHING

DELICIOUS

BWELLAYURVEDA.COM