

Simple Whole Mung Beans

Ingredients

- 1 ¼ cups whole mung beans
- 1 tablespoon vegetable oil
- 1 ½ teaspoons black mustard seed
- 1 ½ teaspoons cumin seed
- ½ teaspoon asafetida (available in Indian stores, also known as hing)
- ½ teaspoon ground turmeric powder
- ½ teaspoon red chili powder
- 3 cups of water
- 1 ½ teaspoon salt, or to taste

Instructions

1. Rinse and drain the whole mung beans and set aside.
2. Heat the vegetable oil in a large deep pan over medium-high. Add the black mustard seed and cook until it begins to pop and become aromatic.
3. Add the cumin seed and cook until it just begins to brown, being careful not to let it burn.
4. As soon as the cumin begins to brown add the mung beans and stir.
5. Add the asafetida, turmeric powder, chili powder and stir.
6. Add the water and bring it to a boil, then reduce heat to low, cover, and simmer for 25-30 minutes until tender. If pan begins to dry out, you can add more water ¼ cup at time.
7. Add salt and serve.