

Grace's Sprouted Mungo Bean Soup

Ingredients

- A glug+ of high quality olive oil, coconut oil or ghee
- 1 large onion, diced small
- A few bulbs and greens from wild garlic, diced small
- A few cloves of fresh garlic, diced small and allow to sit out at room temperature for 10 minutes (tops)
- 2-3 cups mungo beans, sprouted ahead of time
- 2-3 golden potatoes, cubed small
- Your preferred blend of healing spices - mustard seed, coriander, cumin, turmeric, cayenne, etc. (optional)
- A 1/2 inch piece of fresh ginger, peeled and diced small
- A potful of fresh-made broth or 5 cups of store-bought
- 1 can full-fat coconut milk
- A big bunch of wild greens and/or spinach - for this recipe we mixed wild foraged nettles and chickweed with spinach
- Your favorite spicy pepper of two
- Sea salt + pepper to taste

Preparation

- Rinse mungo beans. Steep in cold water overnight in a large mason jar. Water can be changed a few times if you like! The next day, strain the mungo beans in a

colander and sit the colander on a plate. Cover the colander with a clean kitchen towel. Whenever you walk in the kitchen, remove the towel and rinse the beans in the colander with fresh water, placing back on top of the plate and cover again. Repeat often, as you want to keep the sprouting beans moist. They will sprout within the first day or two, allow to sprout to your preference and they are ready to use in the recipe! Extra sprouted mungo beans are excellent in omelettes, stir fries and more...

- Simmer the onion in oil over medium-low heat in a stock pot. Add any seed spices you are using (mustard, coriander...) and stir in the heat until they begin to pop. add the onion. When the onion is translucent, add the wild garlic and garlic, minding the heat and stirring so as not to singe. One at a time add diced potatoes, the rest of your spices, ginger, and hot peppers.
- Stir occasionally, allowing flavors to mingle. Add sprouted mungo beans. Wait a minute, then add broth. Bring temperature up a bit to get broth to a soft boil. Allow the boil for a minute or two, then bring the temperature back down to medium heat to simmer the soup.
- When a fork goes right through the potato and a mungo bean has your preferred finished texture, turn

off the heat. Add the coconut milk and greens, stirring in. At this point, you may use your blender wand to partially blend the soup and get a cremier base. This is optional! Serve soup with a green garnish, sea salt and pepper. Enjoy!