

Moong Soup



Serves 4

Ingredients

1/2 Cup Moong (Whole green gram)

1 TSP Oil

1/4 TSP Cumin Seeds (Jeera)

4 to 5 Curry Leaves (Kadi Patta)

1/4 TSP Asafoetida (Hing)

Salt to taste

2 TSP Lemon Juice

For The Garnish

2 TBSP finely Chopped Coriander (Dhania)

Method

1. Clean and wash the moong, add 5 cups of water and pressure cook for 3 to 4 whistles.
2. Allow the steam to escape before opening the lid.
3. Heat the oil in a deep non-stick pan and add the cumin seeds.
4. When the seeds crackle, add the curry leaves, asafoetida and moong(along with water), mix well and bring to boil.
5. Add the lemon juice and mix well. Serve hot garnished with coriander.

Source: Tarla Dalal

URL: [https://www.tarladalal.com/Nourishing-Moong-Soup-\(-Weight-Loss-After-Pregnancy-\)-33012r](https://www.tarladalal.com/Nourishing-Moong-Soup-(-Weight-Loss-After-Pregnancy-)-33012r)