

What Is Green Moong SOUP?

This humble bowl of green moong soup is more than just comfort food—it's medicine. Green moong (whole mung beans) is light, detoxifying, and packed with protein. Gently spiced and slow-cooked, this soup offers warmth without heaviness and nourishment without excess.

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Green moong soup is a sattvic, easily digestible lentil broth made with soaked whole green moong, mild spices, and herbs. It's commonly used in Ayurveda to rebuild strength after illness, reduce inflammation, and balance all three doshas when prepared mindfully.

How to Make Green Moong SOUP: The Traditional Way

□ Ingredients:

- ½ cup **whole green moong (soaked overnight)**
- 3 cups **water**
- 1 tsp **ghee**
- ½ tsp **cumin seeds**
- A pinch of **hing** (asafoetida)
- 1-inch piece **grated ginger**
- 1-2 **curry leaves**
- A pinch of **turmeric powder**
- **Rock salt** to taste
- Fresh **coriander leaves** for garnish
- Optional: A squeeze of **lime juice**

□ Method:

1. **Soak & Cook the Moong:**
2. **Mash and Simmer:**
 - Slightly mash the cooked moong with a ladle for a semi-smooth texture.
 - Keep it on low flame.
3. **Temper:**

- In a small pan, heat ghee. Add cumin, hing, grated ginger, and curry leaves.
- Once fragrant, add to the simmering soup along with turmeric and salt.

4. **Finish:**

- Mix well, let everything simmer for 3-5 minutes.
- Garnish with coriander and a dash of lime if desired.

▣ **Ayurvedic Benefits**

- **Tridoshic** when mildly spiced
- **High prana** food—easy to digest and nourishing
- Excellent for **gut healing, weight loss, and post-illness convalescence**
- Acts as a **natural detoxifier**, especially when consumed regularly in small quantities

▣ **Pro Tips from the Indian Kitchen**

- **Always soak moong** for better digestion and reduced bloating.
- Adjust thickness by adding more hot water.
- Add **a dash of black pepper** if you want to enhance digestion and warmth (especially for [kapha](#) types).
- Can blend it fully for a smooth, creamy texture if preferred.

▣ **Why We Love Green Moong SOUP**

- Light yet satisfying
- Perfect balance of **taste and health**
- Can be made as **thin rasam** or **thick stew** style
- Kid-friendly, elder-friendly, and a **go-to during seasonal changes**

▣ **Ideal For**

- **Light dinners or lunches**
- **Post-fever or illness recovery**
- **Ayurvedic detox regimens (kitchari-style diets)**
- Those with **weakened digestion** or **seeking protein-rich sattvic food**

