

# LIVE WELL WATERTOWN



## Moong Dal Soup

### Ingredients

- 1 cup root vegetables (Kohlrabi, Turnip, Carrots, Ginger, Suran (Yam))
- White Onions
- 1 cup green moong dal (whole green gram) , washed and drained
- 1 tsp ghee (Clarified Butter)
- 4 to 5 black peppercorns (kalimirch)
- 1/2 cup sliced Red onions
- 2 tsp finely chopped garlic (lehsun)
- 1/4 cup chopped tomatoes and celery
- salt to taste
- 1 tsp freshly ground black pepper
- 1 tsp Cumin and some other herbs
- Fresh Cilantro for garnish