



LIVE WELL WATERTOWN

MOONG DAL SOUP WITH ROOT VEGETABLES

Prepared By: Community Chef Raj

Total Time: 30 mins

Cuisine: Indian

Moong dal soup with root vegetables is a healthy, low-calorie and filling soup. This soup is easy and simple to make in just a few minutes and tastes yummy.

INGREDIENTS:

- 1/2 cup MOONG DAL
- 3 cups ROOT VEGETABLES CHOPPED
- 1 tsp GARLIC CHOPPED
- One half cup ONION CHOPPED
- 1 tbsp OIL
- 1/2 tsp SALT TABLE
- 1 tsp PEPPER BLACK

INSTRUCTIONS:

1. In a pressure cooker, heat oil, add chopped garlic and saute until the garlic color changes to golden brown.
2. Add chopped onion and cook until onion becomes soft.
3. Add chopped ROOT VEGETABLES and cook FOR 3-5 mins. Add moong dal, water, salt and mix well. Cover the pressure cooker and cook for 3 - 4 whistles and allow the pressure cooker to cool naturally.
4. Uncover the pressure cooker, add water and bring the soup to your desired consistency. Bring the soup to a boil, season with crushed black pepper and serve