Mung Beans and Rice

A perfectly balanced protein dish, easy to digest, and very satisfying—makes a great monodiet. Good any time of the year, but makes a particularly good winter diet, or when recovering from an illness.
4-1/2 cups Water
1/2 cup Mung Beans
1/2 cup Basmati Rice
1/4 cup Ginger Root, finely minced
1 Onion, chopped
3 cloves Garlic, minced
3 cups chopped Vegetables
2 Tablespoons (40 ml) Ghee or Vegetable Oil
3/4 teaspoon Turmeric
1/4 teaspoon crushed Red Chilies
1/4 teaspoon ground Black Pepper
1/2 teaspoon ground Coriander
1/2 teaspoon ground Garam Masala
1/2 teaspoon ground Cumin
1/4 teaspoon Cardamom Seeds (2 pods)
1 Bay Leaf
Rinse mung beans and rice. Add mung beans to boiling water and cook until beans begin to split. Add rice and cook another 15 minutes, stirring occasionally. Now add the vegetables. As the mixture cooks, it will start to thicken.

Heat the ghee or vegetable oil in a frying pan. Add onions, ginger, and garlic and saute until clear. Add spices and cook 5 more minutes, stirring constantly. Add this to the rice and beans. The final consistency should be like a[…]”

Excerpt From: I am a Woman: Creative, Sacred Invincible.