

**COMPLIANT MUNG BEAN AND KALE SOUP**

What is a mung bean? When you buy bean spouts from a grocery store or get them in your Chinese food, that’s a mung bean spout. A mung bean is a small green bean that you can buy from most grocery stores.

These little beans are great for healing the gut. This particular recipe is from Dr. Axe’s Leaky Gut protocol. I have adapted it to make it a compliant plant-based option. This soup is healthful and flavorful. I hope you enjoy it as much as I do. This is a full pot and makes about 8 servings.

**Ingredients:**

* 1 small onion, chopped
* 5 garlic cloves, minced or finely chopped
* 1 cup mung beans, rinsed
* 1 tsp. turmeric
* 1 tsp. cumin
* 1 Tbs. dried coriander
* ½ tsp. pepper
* 6 cups filtered water or LOW SODIUM SOUP STOCK ([RECIPES - Karen Warwick RHN](https://www.karenwarwickrhn.com/recipes/low-sodium-soup-stock))
* 2 cups kale, chopped

**Method:**

1. In a soup pot, heat a little water over medium heat (4-6).
2. Add the onion and cook for 5 minutes.
3. Add the garlic and cook for 2-3 more minutes.
4. Add the mung beans and spices and stir to mix well.
5. Add the filtered water or LOW SODIUM SOUP STOCK.
6. Cover and cook for 35-40 minutes or until tender. Stir occasionally, to make sure there is still liquid in the pot. If it gets too low add more filtered water.
7. Once the beans are cooked through and soft, add the kale and cook for an additional 5 minutes until it is soft.
8. Serve the soup and/or freeze it for leftovers as it freezes well.