

## Mung Beans and Brown Rice

1 C mung beans

1 ½ C brown rice

Measure the beans, sort and rinse. Soak the beans in a bowl of water in which the water is at least 2 times more in volume than the beans. Soak for 6-24 hours, or you can use the quick soak method. For the quick method bring the beans to a boil for a couple of minutes, then turn off the heat and let them sit for 2-4 hours. Discard the soaking water and add 1:3 ratio, beans to fresh water. Bring the beans to a boil and simmer, covered, until the water is absorbed. Remove from heat and let sit for 5-10 minutes while still covered. Mash beans and add sea salt, pepper, lemon, garlic powder and anything else you like.



Measure 1 1/2 cups brown rice and soak in a bowl of water in which the water is at least 2 times more in volume than the rice. Soak for 24 hours. You can save 10% of the soaking water from the rice to be added to later batches to soak with if you like. Discard the soaking water and add fresh water, 1:2 ratio rice to water. Bring to a boil then lower to a simmer, covered, until water is absorbed. Remove from heat, and let sit for 5-10 minutes. Add sea salt and Bragg's Liquid Aminos to taste.

Mix the beans and rice together, add anything additional you might like, and enjoy!

Recipe by Nicodemo Casciato