Healthy Recipe of the Month: September 2011

Filipino Mung Bean Soup

My son-in-law is from the Philippines, and is an excellent chef. For my birthday dinner, he made this delicious traditional soup as the centerpiece. Steamed rice with fresh mango and pineapple slices finished the meal. The mung beans are available at Asian markets and in some mainline supermarkets. As with all dried beans, they are excellent sources of protein and dietary fiber, and rich in calcium, potassium, magnesium, selenium and iron.

Ingredients, serves 4
1 ½ cup dry mung beans
1 lb lean ground pork
4 cloves garlic, minced
1 medium onion, chopped
2 medium tomatoes, chopped
4 cups chicken or vegetable broth, fat free and low sodium
¼ tsp. ground black pepper
1 Tbsp (or more to taste) fish sauce (Rofina Patis Fish Sauce is the kind he used)
1 bunch (~3 cups) greens of choice - mustard, chard, spinach - stem removed and sliced thinly

Boil the mung beans in ~ 2 quarts water until soft, about 45 minutes. Meanwhile, sauté garlic and pork until no longer pink (blot out with a paper towel any accumulated fat to decrease the saturated fat content and cut calories). Chop and add onion and tomatoes and simmer 5-10 minutes. Add the boiled mung beans and chicken stock to desired soupiness. Add the ground pepper and fish sauce to taste, and simmer for another 10 minutes for the flavors to mingle. Add chopped greens and simmer until just wilted. Serve warm with steamed rice.

Nutrient analysis per serving
Calories: 500
Protein: 47 g.
Carbohydrate: 59 g.
Total fat: 15 g.
Dietary fiber: 16 g.
Saturated fat: 5 g.
Sodium: 565 mg.
Calcium: 190 mg.