

30-Minute Easy Mung Beans with White Wine and Herbs

Ingredients

- Olive oil, for cooking
- ½ medium-sized onion, diced
- 2 cloves of garlic, minced
- 3-5 fresh sage leaves, chopped
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- 1 cup split dried mung beans
- 1 cup vegan white wine
- 2 cups water
- 1 tbsp. vegan butter
- Fresh parsley or cilantro, chopped
- Salt and pepper, to taste

Steps

1. In a medium-sized skillet, heat oil on medium-high heat. Add the onions, and sauté for a couple minutes until fragrant. Next add the garlic and spices, sautéing for another minute or so. Add the mung beans, stirring to coat them all in the spices. Add the wine and water, cover the skillet, and bring to a boil before reducing to a simmer.

2. Allow to cook on a low heat for 20-25 minutes, until soft. When cooked, remove the lid and increase the heat for a minute or two, stirring, to evaporate any extra water. Turn off the heat, add the vegan butter, parsley, and salt and pepper. Stir well, and serve.

