

# Vegan Mung Bean Dal Fennel Frond Recipe

## Ingredients

- 1-2 tbsp. olive oil
- ½ tsp. cumin seeds
- 1 small onion, diced
- ½ cup fennel bulb, diced
- 3 cloves garlic, minced
- ½ tsp. fresh ginger, grated
- 1 green chili pepper, minced
- 1 green bell pepper, diced
- ¼ tsp. powdered turmeric
- 1 cup dried split mung beans
- 1 tbsp. vegan butter
- ½ cup chopped fennel fronds
- Salt and pepper, to taste

## Steps

1. Heat your oil in a large pot, and once hot add the cumin seeds. Once they pop, add the onion and fennel. Sauté for 4-5 minutes, and add the garlic and ginger. Cook for another minute or two before adding the chili and bell pepper. After the peppers have softened, add your turmeric and mung beans and stir well.

2. Add 5 cups of water, cover, and bring to a boil before reducing to a simmer. Cook for around 40 minutes, until the mung beans are soft. Remove the lid. If you would like your dal to be more liquid, add some water. If you want it to be more solid, cook, stirring frequently to reduce. Add your vegan butter and fennel fronds, and stir, cooking until the butter melts. Remove from the heat, and season with salt and pepper to taste. Serve with rice or bread, as desired.

