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## Mung Bean & Quinoa Bowls with Spicy Ginger Turmeric Broth

This recipe features a flavorful and nutritious combination of mung beans, quinoa, and a spicy ginger turmeric broth. The dish is packed with protein, fiber, and essential nutrients. It can be enjoyed as a main course or a side dish. The spicy broth adds a warming and invigorating touch to the dish.

**Recipe Type:** Vegan

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

200 g	Mung Beans
200 g	Quinoa
20 g	Ginger
10 g	Turmeric

<b>1000 ml</b>	vegetable broth
<b>400 ml</b>	coconut milk
<b>150 g</b>	Red Bell Pepper
<b>100 g</b>	carrot
<b>100 g</b>	Snow Peas
<b>50 g</b>	Lime
<b>20 g</b>	Cilantro
<b>30 ml</b>	soy sauce
<b>15 ml</b>	sesame oil
<b>5 g</b>	Salt
<b>2 g</b>	Black pepper

## Directions

### Step 1

#### Preparation

Rinse the mung beans and quinoa under cold water.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Boiling

In a large pot, bring the vegetable broth to a boil.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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### Step 3

Simmering

Add the mung beans and quinoa to the boiling broth. Reduce heat to low and simmer for 20 minutes or until the beans and quinoa are cooked.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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### Step 4

Cutting

While the beans and quinoa are cooking, prepare the vegetables. Slice the red bell pepper, carrot, and snow peas into thin strips. Chop the cilantro. Cut the lime into wedges.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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### Step 5

Sautéing

In a small saucepan, heat the sesame oil over medium heat. Add the ginger and turmeric and cook for 1-2 minutes until fragrant.

**Prep Time:** 1 mins

**Cook Time:** 2 mins

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## Step 6

Simmering

Add the coconut milk to the saucepan and bring to a simmer. Cook for 5 minutes to infuse the flavors.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 7

Straining

Strain the coconut milk mixture to remove the ginger and turmeric pieces.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 8

Stirring

Add the strained coconut milk to the cooked mung beans and quinoa. Stir in the soy sauce, salt, and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 9

### Plating

Divide the mung bean and quinoa mixture into bowls. Top with the sliced vegetables, cilantro, and a squeeze of lime juice.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 320 kcal

**Fat:** 15 g

**Protein:** 12 g

**Carbohydrates:** 35 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	30 iu	3.33%	4.29%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	40 mg	44.44%	53.33%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	20 mg	250%	111.11%
Potassium	600 mg	17.65%	23.08%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

**Seasonality**

Fall

**Kitchen Tools**

Slow Cooker

Blender

### Nutritional Content

Low Calorie

High Protein

Low Fat

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Cuisines

Italian

Mediterranean

Spanish

American

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Snack

Supper

### Difficulty Level

Medium

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