

Meaty Mung Beans

Yield: 6 servings

Ingredients:

1 cup dried mung beans, soaked for an hour and drained	1 small onion, finely chopped
4 cups water	½ cup tomato juice
2 tablespoons olive oil	8 ounces large fresh shrimp, deveined, halved lengthwise and crosswise
8 ounces uncooked lean pork, cubed	salt and white pepper
2 garlic cloves, minced	

Procedure:

In a 4- or 5-quart Dutch oven, boil the beans in water for 10 minutes, reduce to simmer and continue cooking about 30 minutes, or until tender. As the beans cook, use a saucepan to saute the pork in olive oil until browned; add garlic and onion and cook until onion is transparent, stirring often. Add tomato juice to pork mixture, cover and cook, stirring occasionally, for 30 minutes. Drain beans, return to Dutch oven, add pork mixture and shrimp, and stir thoroughly. Cover and continue cooking until shrimp is done, about 5 minutes. Fluff while seasoning to taste with salt and white pepper and serve.

about
320 calories
and 12 grams
of fat
per serving

Pairing this recipe with a colorful assortment of stir-fried vegetables is a low-fat way to work toward five servings of fruits and vegetables a day.

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