

Real

RECIPE BOOK

#naturallynutritious





Mung Bean: The Superfood that boosts your well-being.



Small but mighty, it's a nutritional treasure that deserves a special place in our kitchen.

Versatile and delicious, this superfood adapts to a wide variety of preparations, from fresh salads to comforting main dishes.

Discover how the mung bean can transform your meals!



Pre-cooked Mung Bean: The nutritious base for all your recipes.

Preparation:

1. Soaking (optional, but recommended):

- Although the pre-cooked mung bean has already undergone a partial cooking process, soaking it can help to soften it further and reduce the final cooking time.
- If you decide to soak it, place the beans in a container with cold water and let them soak for at least 30 minutes, or even overnight.
- Then, drain them and rinse them well.

2. Cooking:

- Place the pre-cooked mung beans in a pot and cover them with water or vegetable broth.
- Bring the water to a boil and then reduce the heat to low.
- Cook the beans over low heat for about 10-15 minutes, or until they are tender but still firm.
- The cooking time may vary depending on the degree of pre-cooking of the beans, so it is important to test them regularly.

3. Seasoning (opcional):

- If you want to add more flavor to your pre-cooked mung beans, you can season them during cooking.
- Add salt, pepper, herbs and spices to taste.
- You can also incorporate chopped vegetables, such as onion, garlic, carrot or celery, to create a basic sofrito.

4. Draining:

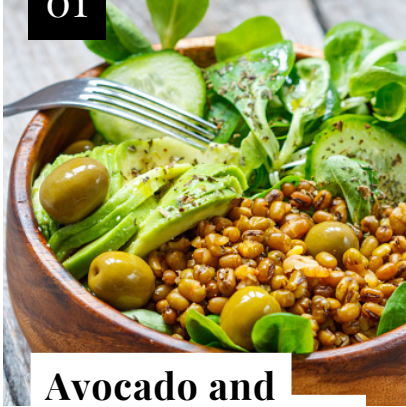
- Once the beans are tender, remove them from the heat and drain them well.

Additional Tips:

- If you don't have time to soak the beans, you can cook them directly, but they may need a little more cooking time.
- For a more intense flavor, you can use vegetable broth instead of water.
- When making the sofrito, it is very important to keep in mind that the garlic does not burn, as this would give the preparation a bad taste, so it is recommended to add it almost at the end, after the onion and bell pepper have crystallized.
- In case you want a creamier consistency, you can crush a few of the beans with the help of a fork or a potato masher, and then stir them with the rest.

Recipes:

01



Avocado and mung bean salad

02



Vegetarian burgers

03



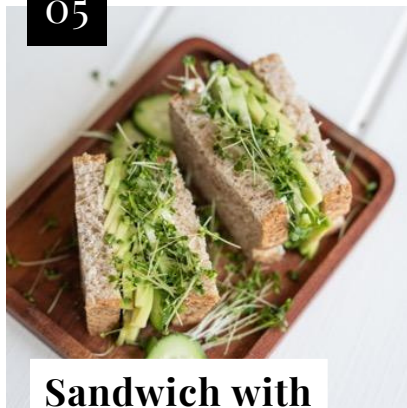
Comforting bean and vegetable soup

04



Mung bean curry and coconut

05



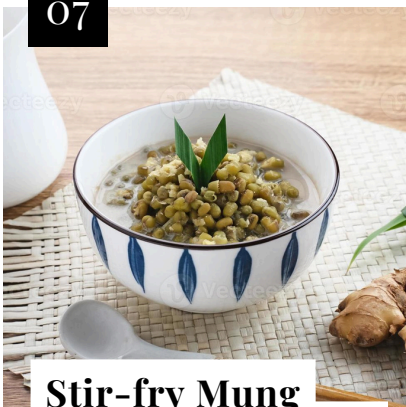
Sandwich with bean sprouts

06



Mung bean croquettes

07



Stir-fry Mung Beans with ginger

08



Mung beans in tomato sauce and spices

09



Mung beans with rice and coconut



Avocado and mung bean salad

Difficulty:
Easy

Preparation time:
15 minutes

Servings
4

Ingredients:

- 1 cup cooked mung beans
- 1 ripe avocado, cubed
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- Juice of 1 squeezed lemon
- 2 tablespoons of extra virgin olive oil
- Salt and pepper to taste

Required utensils:

- Large bowl
- Small bowl
- Knife
- Measuring spoon

Preparation:

1. Pre-wash and cut: The Tomato, the onion, the cilantro and the Avocado.
2. In a large bowl, combine the cooked mung beans, avocado, cherry tomatoes, red onion, and cilantro.
3. In a small bowl, mix the lemon juice, olive oil, salt, and pepper.
4. Pour the dressing over the salad and mix gently.
5. Serve cold and enjoy.

Vegetarian burgers



Required utensils:

- Masher
- Large Bowl
- Frying pan

Servings:

4

Difficulty:

Medium

Preparation time:

30 minutes.

Ingredients:

- 2 cups cooked mung beans
- 1/2 cup breadcrumbs
- 1/4 cup onion, chopped
- 2 cloves of garlic, minced
- 1 carrot, grated
- 1 egg (optional, for binding)
- 1 teaspoon cumin
- Salt and pepper to taste
- Olive oil for cooking

Preparation:

1. In a large bowl, mash the cooked mung beans with a fork or a potato masher.
2. Add the breadcrumbs, onion, garlic, carrot, egg (if using), cumin, salt, and pepper. Mix well.
3. Form patties with the mixture.
4. Heat the olive oil in a frying pan over medium heat.
5. Cook the patties for 5-7 minutes per side, or until golden brown.
6. Serve on burger buns with your favorite toppings.



Comforting bean and vegetable soup

Difficulty:
Easy

Preparation time:
5 minutes

Servings:
6

Ingredients:

- 1 cup cooked mung beans
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, chopped
- 2 cloves of garlic, minced
- 4 cups vegetable broth
- 1 bay leaf
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Preparation:

1. In a large pot, sauté the onion, carrots, and celery until tender.
2. Add the garlic and cook for 1 more minute.
3. Pour in the vegetable broth, cooked mung beans, bay leaf, thyme, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 20 minutes.
5. Remove the bay leaf.
6. Serve hot, garnished with fresh parsley.

Required utensils:

- Large Pot

A close-up photograph of a wooden bowl filled with a mung bean curry. The curry is a thick, orange-brown sauce containing mung beans, diced carrots, and green peas. It is served over a bed of white rice. A fresh green cilantro leaf is placed on top of the rice. The bowl is set on a wooden surface with a folded white cloth underneath.

Mung bean Curry and coconut

Servings: **4.**

Difficulty: **Medium**

Preparation time: **35 minutes.**

Ingredients:

- 1 cup cooked mung beans
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 piece of fresh ginger, grated
- 1 teaspoon curry powder
- 1/2 teaspoon turmeric
- 1 can of coconut milk
- 1/2 cup vegetable broth
- Fresh spinach
- Salt and pepper to taste
- Cooked brown rice (for serving)
-

Required utensils:

- Frying Pan

Preparation:

1. In a large skillet, sauté the onion, garlic, and ginger until fragrant.
2. Add the curry powder and turmeric, and cook for 1 more minute.
3. Pour in the coconut milk and vegetable broth.
4. Add the cooked mung beans and spinach.
5. Simmer for 10 minutes, or until the spinach is wilted.
6. Season with salt and pepper to taste.
7. Serve hot with cooked brown rice.



Sandwich with bean sprouts.

Difficulty:
Easy

Preparation time:
10 minutes

Servings:
1

Ingredients:

- Sandwich bread, to taste
- Mung bean sprouts
- Hummus
- Tomato slices
- Cucumber slices
- Lettuce leaves
- Sliced avocado

Preparation:

1. Spread hummus on both slices of bread.
2. Place the tomato slices, cucumber slices, avocado slices, and lettuce leaves on one of the slices.
3. Add the mung bean sprouts.
4. Top with the other slice of bread.
5. Cut in half and enjoy.

Required utensils:

- Plate
- Knife



Mung bean croquettes

Servings: **4.**

Difficulty: **Medium**

Preparation time: **40 minutes.**

Ingredients:

- 2 cups cooked mung beans
- 1 cup fresh spinach, chopped
- 1/2 onion, chopped
- 2 cloves of garlic, minced
- 1/2 cup breadcrumbs
- 1 huevo: 1 egg
- 1 teaspoon cumin
- Salt and pepper to taste
- Oil for frying

Required utensils:

- Frying pan
- Bowl
- Plate

Preparation:

1. Mash the cooked mung beans in a large bowl.
2. Sauté the onion and garlic until golden brown.
3. Add the spinach and cook until wilted.
4. Combine the mashed mung beans, spinach, breadcrumbs, egg, cumin, salt, and pepper.
5. Form croquettes with the mixture.
6. Fry the croquettes in hot oil until golden brown.
7. Serve hot.



Stir-fry Mung Beans with ginger

Difficulty:
Easy

Preparation time:
25 minutes

Servings:
4

Ingredients:

- 2 cups cooked mung beans
- 1 red bell pepper, sliced into strips
- 1 carrot, sliced
- 1 small broccoli, cut into florets
- 2 cloves of garlic, minced
- 1 piece of fresh ginger, grated
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil
- Sesame seeds (for garnish)

Preparation:

1. Sauté the garlic and ginger in sesame oil until fragrant.
2. Add the bell pepper, carrot, and broccoli, and cook until tender-crisp.
3. Stir in the cooked mung beans and soy sauce.
4. Cook for a few minutes until everything is heated through.
5. Serve hot, garnished with sesame seeds.

Required utensils:

- Frying Pan
- Pot



Mung beans in tomato sauce and spices

Servings: **4**

Difficulty **Medium**

Preparation time: **30 minutes.**

Ingredients:

- 2 cups cooked mung beans
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 can crushed tomatoes
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper (optional)
- Salt and pepper to taste
- Olive oil

Required utensils:

- Frying Pan
- Bowl
- Plate

Preparation:

1. Sauté the onion and garlic in olive oil until golden brown.
2. Add the crushed tomatoes, cumin, paprika, and cayenne pepper (if using).
3. Simmer for 15 minutes.
4. Stir in the cooked mung beans and cook for a few more minutes.
5. Season with salt and pepper to taste.
6. Serve hot.



Mung beans with rice and coconut

Difficulty:
Easy

Preparation time:
30 minutes.

Servings:
4

Ingredients:

- 1 cup rice, to taste
- 2 cups cooked mung beans
- 1 can of coconut milk
- 1 onion, chopped
- 2 cloves of garlic, minced
- 1 piece of fresh ginger, grated
- Curry powder, to taste
- Salt and pepper to taste

Preparation:

1. Cook the rice according to the package instructions.
2. Sauté the onion, garlic, and ginger in a skillet.
3. Add the curry powder and cook for 1 minute.
4. Stir in the coconut milk and cooked mung beans.
5. Simmer for 10 minutes.
6. Mix with the cooked rice and serve hot.

Required utensils:

- Pot
- Skillet / frying pan

Discover the quality and freshness of our mung beans to prepare these and many more delicious recipes.

Visit our ***online store*** or find our products at:

Contact us

***International Business
Director***

Sergio Alejandro González

+1 786 660 8739

+58 424 583 7051

***International Business
Manager***

Jennifer Schell

+58 424 5087290

jennifer.schell@bel.com.ve

Export Department

Lulibeth Valdivia

+58 414 552 9106

E-mail:

info@agropecuariasanmarino.com

Instagram:

[@agropecuariasanmarino](https://www.instagram.com/agropecuariasanmarino)



Agropecuaria
San Marino

**Extension Av. Los Leones with Av. Terepaima Torre Bel,
Business Center, Floor 20**

