

Mungbean Grain and Vegetable Soup

Ingredients (1-2 servings)

- 250 g dried mungbean seeds
- 250 g tender mixed African traditional vegetables (African nightshade, Amaranth, Ethiopian mustard and Blackjack – about 60 g each vegetable)
- 3 medium-size onions
- 1 medium-size piece of ginger (optional)
- 3 cloves garlic
- 3 medium-size carrots
- 3 small tomatoes
- 1000 ml water
- 450 g coconut meat
- 225 ml of diluted coconut milk OR 1 cup fresh milk
- 10 g curry powder (Simba Mbili) (optional)
- 5 g groundnut flour
- 2.5 g salt to taste

Preparation

1. Sort mungbean seeds and remove any rocks, shriveled beans, or other unwanted objects. Wash and rinse with cold, fresh water.
2. Sort and wash vegetable leaves, carrots and tomatoes. Don't peel. Chop finely and place in separate containers.
3. Wash onions and chop finely.
4. Wash ginger. Remove papery husk from garlic.
5. Grind garlic and ginger together into a fine paste.
6. Grind coconut and prepare coconut milk.
7. Boil mungbean with water until half cooked and set aside.
8. Heat cooking oil in a frying pan, then add onion and fry for 2-4 minutes, followed by the tomatoes, garlic-ginger paste, curry powder, and salt; stir and cook until soft.
9. Drain the partially cooked mungbean over a bowl and retain the liquid.
10. Add the drained mungbean to the onion mixture in the pan and cook for 4-5 minutes, stirring frequently.
11. Add the chopped leafy vegetables and cook for 2-3 minutes.
12. Mix the coconut milk or fresh milk with the drained liquid from the mungbean.
13. Pour the liquid over the vegetable mixture. Stir. Cover the pan for 5 minutes, and simmer until everything is well cooked.
14. Mix groundnut flour with a little water, milk or coconut milk and stir well; add to the pan to thicken the soup.
15. Season with salt to taste.
16. Serve hot, alone or with rice, stiff porridge (ugali), bread, chapati, cooked banana or any other staple food.

Notes

- Mungbean cooking liquid can be used instead of coconut milk or fresh milk.
- Small fish (Dagaa) or seafood can be added before vegetables during preparation.
- Mungbean sprouts can be used instead of dried green mungbean seeds.

People's feedback:

Flavor: It's tasty! (90%)

Texture: Nice! (100%)

Overall: Pretty good! (90%)

Mungbean-Rice Porridge

Ingredients (1-3 servings)

- 230 g mungbean seeds
- 230 g brown rice or rice flour
- 1000 ml water
- 5 g sugar
- 5 g margarine (optional)
- Pinch salt to taste
- 100 ml cup fresh milk or yoghurt



Preparation

1. Wash the rice and beans thoroughly -- about 3 to 4 rinses or until the water runs clear.
2. Put the rice and beans in a pot and stir to combine. Add 1-2 cups of water.
3. Bring the water to a boil, then reduce the heat and simmer until the rice is cooked half way (about 15-20 minutes, when the rice grain is translucent on the outside and has a white center).
4. Add more water as needed and continue to stir well.
5. Add salt and margarine (optional) and continue to cook, covered. Stir occasionally to make sure it does not stick to the bottom. Cook about 15 minutes more, until the rice and mungbean have a porridge-like consistency.
6. Add sugar and/or salt, fresh milk or yoghurt, and stir well.
7. Season to taste and serve hot.

Notes

- Mungbean flour and rice flour can be used instead of whole rice and mungbean seeds.
- Other cereals such as maize, millet, or sorghum can be used instead of rice.
- Good for children, pregnant and nursing women, and elders.

People's feedback:

Flavor: It's tasty! (90%)

Texture: Good! (90%)

Overall: Pretty good! (90%)



Mungbean Cake

Ingredients

- 390 g green dried mungbean
- 200 ml water
- 260 g wheat flour
- 30 g teaspoon baking powder
- 225 g margarine
- 200 g sugar
- 6 eggs
- 5 ml vanilla
- 5 ml lemon juice



Preparation

1. Sort mungbean seeds. Wash and rinse with cold, fresh water. Drain.
2. Put mungbean in a pan. Add 200 ml of water and bring to the boil. Cover the pan and cook until the mungbean is soft.
3. Mash the mungbean well and set aside.
4. Combine the wheat flour and baking powder.
5. Add the margarine and rub into the flour. Mix in the sugar.
6. Add eggs, vanilla, lemon juice and mashed mungbean to wheat flour, and stir until light and foamy.
7. Grease a pan or baking tin and pour in the mungbean mixture.
8. Bake for 50 minutes to 1 hour in an oven at a temperature of 165- 175 C°.
9. Cool and serve.

Notes

- You can use mungbean flour instead of whole grain flour.

People's feedback:

Flavor: It's tasty! (90%)

Texture: Nice! (100%)

Overall: Pretty good! (90%)



Mungbean Samosas

Ingredients

- 260 g green dried mungbean grains
- 100 ml water
- 3 medium-size carrots
- 20 ml fresh lemon juice
- 1 medium size sweet pepper
- 2 medium size onions
- 4 pieces garlic
- 5 ml teaspoon ginger

Dough

- 5 ml teaspoon salt, or to taste
- curry powder or pepper to taste
- 260 g wheat flour
- 30 g margarine (optional)
- warm water or coconut milk to moisten flour and knead into a firm, smooth dough

For deep-frying

- 1000 ml cooking oil (plant or vegetable oil)

Preparation

1. Sort mungbean seeds and remove any rocks, shriveled beans, or other unwanted objects. Wash and rinse with cold, fresh water. Soak beans overnight in a bowl of cold water for cooking the next day.
2. Prepare and boil the mungbean in a cooking pan until half cooked (about 15-20 minutes). Drain, let cool, then grate into a medium bowl.
3. Sort and wash carrots and sweet pepper. Don't peel. Chop finely.
4. Wash onions and chop finely.
5. Wash ginger. Remove papery husk from garlic.
6. Grind garlic and ginger together into a fine paste.
7. Put the carrots, lemon juice, sweet pepper, onions, garlic and ginger paste in a pan, add salt and ¼ cup of water, and bring to the boil. Cover the pan with a lid and cook for about 5 minutes, stirring occasionally.
8. Prepare the samosa dough: Put the wheat flour in a large bowl or a pan, add salt, curry powder or pepper according to your taste and mix well.
9. Add margarine (optional), warm water or coconut milk and start kneading into a firm, smooth dough.
10. Cover dough with a clean cloth and leave to rest for about half an hour.
11. Pinch pieces from the dough and roll into balls; keep them covered.
12. Take a ball and flatten it with your palm.
13. Place ball on a board or plate and flatten more with rolling pin into a round shape.
14. Cut the flattened circular dough shapes in half.
15. Dip hands in water, fold the edges of each semi-circle of dough into a cone.
16. Put small portions of mungbean and mixture vegetables into the cone.
17. Seal the ends by pressing the edges lightly with fingers.
18. Heat cooking oil in a pan and deep-fry the samosas until they turn golden brown and crispy.
19. Serve with tea, soup or any snack of your choice.

Notes

Mungbean sprouts can be used instead of dry mungbean grains.

People's feedback:

Flavor: It's tasty! (90%)

Texture: Nice! (100%)

Overall: Pretty good! (90%)



Recipes and photos:
Inviolate Dominick
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World Vegetable Center

Healthier lives, more resilient livelihoods through greater diversity in what we grow and eat

WorldVeg's globally important genebank, improved vegetable varieties, production and postharvest methods help farmers increase harvests, raise incomes in poor rural and urban households, create jobs, and provide healthier, more nutritious diets for families and communities.

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Mungbean for Africa!

Recipes for good health and good taste



Mungbean is a versatile, tasty legume that contributes important vitamins, minerals, protein and fiber to the diet. Mungbean can be consumed in many different forms — as seeds, sprouts, leaves, or flour. It has a pleasant, mild taste and appealing color, and is a great ingredient to increase the nutritional content, texture, and flavor of many recipes.

In East Africa most mungbean produced is exported rather than consumed locally, likely due to a lack of knowledge about how to prepare mungbean. In Tanzania, for instance, there are only two major recipes for mungbean: Makande (a mix of mungbean seeds and maize) and mungbean stew (mungbean seeds mixed with onions and/or tomatoes).

These new recipes from the World Vegetable Center will help create awareness of the many ways mungbean can add new tastes to meals and promote healthy diets for people of all ages. These easy-to-prepare recipes can be enjoyed by all family members: children, youth, pregnant and nursing women, adults, and elders. The cake and samosa can be served as snacks or during ceremonies.

Enjoy mungbean!