**Mung Bean and Kale Soup**

I don’t often use mung beans but I’ve been using a lot of kale recently, I really like the taste of it and it’s [so good for you](http://home.howstuffworks.com/kale3.htm), very nutrituous, high in fibre and packed with vitamins. A real superfood.

Makes 6 servings

**Ingredients**

1 red onion, chopped  
3 garlic cloves, finely chopped  
200g whole mung beans, rinsed well  
120g kale leaves, thick stalks removed and shredded  
1 teaspoon coriander powder  
1 teaspoon cumin powder  
1 teaspoon turmeric powder  
1 teaspoon dried chilli flakes  
Sea salt  
Freshly ground black pepper  
2 litres of vegetable stock  
Frylight olive oil spray

**Method**

1. Spray a cold pan with Frylight olive oil spray (15 sprays should do it), heat the pan to a medium heat and saute the onions until it softens.  
2. Add the garlic and cook for another minute.  
3. Stir in the spices then add the vegetable stock, mung beans and the salt and pepper then bring to the boil and reduce heat and simmer covered for 35 to 40 minutes or until the mung beans are tender.  
4. Check the seasoning and stir in the kale and simmer for another 10 minutes or until the kale is cooked.