

A close-up photograph of a white ceramic bowl filled with a light green, thick soup. The soup has a slightly grainy texture. To the left of the bowl, there are several large, white peony flowers with delicate pink edges and green leaves. The background is dark and out of focus.

綠豆
薏仁

SWEET MUNG BEAN & COIX SOUP

Clears heat and dispels dampness.
Detoxifies and cleans the Intestines.

INGREDIENTS

- 200 g (7.1 oz) mung beans
- 200 g (7.1 oz) coix
- 1500 cc (1500 ml) water
- 60 g (2.1 oz) rock sugar (or table sugar)

Makes 4 – 6 servings

PREPARATION

- Wash mung beans and coix thoroughly. Place both ingredients in one pot and cover with 2 to 3 inches of water to ensure that the beans are thoroughly soaked. Soak overnight.

COOKING

- Drain and return mung beans and coix to the pot and add 1500cc of water. Bring to a boil. Cook over high heat for 5 minutes. Then cook with lid covered over medium heat for 30 minutes to an hour, until ingredients become soft. Test by squeezing the beans between your fingers or using the tines of a fork. Consistency should be soft and firm yet still maintain their shape.
- Add rock sugar and bring to a boil to dissolve the sugar.
- Remove from heat. Serve cold or hot.