



Mung Bean Roast

Don't let the cooking time scare you off—this is an easy, delicious dish that can be made 24 hours in advance!

Diet Type: Vegan

Cooking Time: 2 Hours

Ingredients:

Dried Mung Beans	2 cups	
Water	4 cups	
Onion, small dice	2 cups	
Garlic, minced	2 Tbl.	
Olive Oil	2 Tbl.	
Sage, dried	1 Tbl.	
Cashew pieces	1 1/3 cups	Water 3 cups
Golden Flax Seed Meal	1/4 cup	
Salt	1 tsp.	
Red Miso	1/3 cup	

Directions:

1. Rinse beans and bring to a boil in a large saucepan with the 4 cups of water. Reduce heat, cover, and simmer 30-40 minutes until beans are completely cooked and have a “popped open” look and water is gone. Remove from heat.
2. While beans are cooking, prepare onion and garlic and sauté in oil over medium heat until clear and soft. Add sage to onion mixture. Set aside.
3. Blend cashews and 3 cups of water with remaining ingredients until smooth.
4. Combine cooked mung beans, sautéed onion mixture, and HALF of blended cashew sauce.
5. Pour bean mixture into a 9 x 13 inch glass casserole dish.
6. Bake at 350 degrees for 45 minutes or until set and lightly browned on top.
7. While roast is baking, pour remaining cashew sauce into a saucepan. Heat while stirring until mixture thickens and becomes smooth. Pour gravy sauce over the finished roast. This keeps well and can be reheated to serve 24 hours later or frozen to heat and serve when desired.

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