**Mung Dal Variation Recipes**

1. **Vegetables:** Sauté 2 cups of diced vegetables of your choice in a skillet with butter or oil. Add 4 tbsp of Mung Dal and continue the sauté for a min. Adjust salt and add garlic and hot pepper to your taste, garnish with chopped cilantro.

2. **Chicken or Meat with Dal**: Brown 1 lb of chicken or meat cut into 2 inch pieces, in a sauce pan with butter or oil. Add one package of Mung Dal and ½ cup water, or any broth, cover and simmer for 15 min. Adjust salt and serve with Basmati rice.

3. **Soup**: Add one or two tbsp of Mung Dal to a bowl of any thin soup, and simmer for a min.

4. Create a new dish with this Mung Dal as a component !