

# Mung Beans with Mixed Vegetables

Yield: 1 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mixed-vegetables-recipe>

## Ingredients:

- 3 tablespoons beans yellow mungs
- 1/4 cup mixed vegetables chopped, ., carrots, peas, green beans, corn
- 1 celery stalk
- 1 dash garlic powder
- 1 dash dried oregano
- 1 dash dried basil
- 1 cup vegetable stalk or water

## Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 29 grams
3. Fat: 2 grams
4. Fiber: 9 grams
5. Protein: 7 grams
6. Sodium: 110 milligrams
7. Sugar: 1 grams

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