

Green Beans with Mochi Balls

This is very typical Asian sweet, it can be served as dessert or as snack. It is soupy and contain mainly green beans, barley and little balls of glutinous flour know as mochi.



This is one of the food that I love and amazes me that my husband enjoys it... very much...I say that because this is so "Asian"...even many Asian people do not care for it, let alone people that was never exposed to it...

I must admit that the concept of sweet bean soup with mochi. Mochi? Yes, this gooey sticky little balls floating in a not so appealing murky, brownish, greenish color soup...and served iced, cold or warm? Yes, it might be troublesome for some people to accept hehehe! That is why I was so surprised that

my husband embraced this dessert/snack so fast and often asks me to make it.

I have been cooking this for a while and it is perfect at any season of the year...I serve it cold/iced during summer and warm during winter. I often have the little mochi balls in the freezer...so when need I boiled them for a few minutes and it is ready to go.

In this particular recipe I added barley and use coconut sugar to sweeten the green bean soup, but you are free to use whatever kind of grains and sugar.

Ingredients:

1 $\frac{1}{2}$ cup dry green beans (mung beans)

1/3 cup barley

Coconut sugar to taste

Fresh made or frozen mochi balls.





Method:

Wash the green beans and soak in water overnight. Do the same with the barley.

Place the bean and the barley in a thermo cooker and follow the instruction, making sure that the beans are fully cooked and soft. In case you do not have a thermo cooker please do the following:

In a big pot add the green bean and barley with water, about 1 $\frac{1}{2}$ in above the bean. Cook until the beans have soften.

Add more water and coconut sugar to your taste. You can adjust the thickness of the soup according to your taste.

Cook the mochi balls accordingly, drain and put in the bean soup, or if you want to serve them cold, rinse the mocha balls with cold water and then add to the bean soup.

I hope you are dare enough to try this simple recipe for Green Bean Soup with Mochi...and hey, you might find out that you like this.



If you enjoy this recipe using glutinous flour you might want to try this Asian inspired Brazilian snack, Mochi Cheese Balls.



Did you know that the bean sprouts that you often see in Asian groceries are germinated from mung beans? Moreover, the starch extracted from these beans is used to make the bean thread or glass noodles, which are popular in Asian cuisine

Thank you for stopping by Color Your Recipes...have a colorful day!