

## Mung Bean Sheets Casserole with Tomato Recipe

**Ingredients:** Serves 4

3 fresh tomatoes  
80g dried mung bean sheets  
(or 3 pieces of fresh mung bean sheets)  
1 stalk scallion

**Seasonings:**

2 tablespoons ketchup  
2 teaspoons light colored soy sauce  
½ teaspoon salt  
a pinch of sugar  
2 cups water

**Method:**

Make 4 cuts around the top of tomato, boil in hot water until the skin crack, remove and then soak in cold water right away to peel off the skin. Cut to cubes. Soak mung bean sheets to soft, cut to strips, blanch with hot water for about 3-5 seconds. Drain. Heat 2 tablespoons of oil to stir-fry scallion sections first, then add tomato cubes, stir-fry again. Add all seasonings, cook for 2-3 minutes. Pour into a casserole. Add mung bean sheets, cook until bean sheets are tender enough. You may use wide mung bean noodles instead of bean sheets.

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