

Kitchari



Time: 50 minutes (Prep 20 minutes, cooking time 30 minutes)
**Beans must be soaked overnight

Serves: 2-3

Ingredients: ½ cup split yellow mung beans, washed and pre-soaked overnight
½ cup basmati rice, washed
2 ½ – 3 cups water
1 teaspoon cumin seeds
¼ teaspoon fenugreek seeds
¼ teaspoon fennel seeds
¼ teaspoon ajwain seeds
¼ teaspoon mustard seeds
½ teaspoon ginger
1 teaspoon turmeric
1 teaspoon coriander
½ teaspoon salt
1 tablespoon ghee
Lemon juice
Vegetables (optional)
Seeds such as pumpkin seeds, sunflower seeds, chia seeds, ground flaxseed (optional)
Nuts such as almonds, walnuts, cashews, pine nuts or macadamia nuts (optional)

Directions:

1. Put the whole spices in one bowl and the ground spices in another bowl so you can add them to the ghee at separate times.
2. Heat 1 tablespoon of ghee in a pan. When the temperature is hot enough seeds should pop when you add them to the ghee. Allow the seeds to simmer for a couple of minutes before adding the powdered spices. Then allow the combined spices to cook for a minute or two until the aroma becomes noticeable. Do not burn.
3. Add the rice and the mung dahl and sauté for another couple of minutes. Then add water and bring mixture to a boil.
4. Once the kitchari is boiling, reduce heat to medium-low, cover and cook until tender (20-30 minutes).
5. If you are adding vegetables to the kitchari, add the longer cooking vegetables (such as carrots and beets) halfway through the cooking. Add vegetables that cook fast (such as leafy greens) about 5 minutes before cooking is complete.
6. Add more water as needed.
7. Add lemon juice before serving.
8. Add salt and pepper to taste.
9. Garnish with fresh cilantro, seeds, and nuts.