

Kitchari



RECIPE

Ingredients

- 1/2 cup basmati rice
- 1 cup mung beans (split yellow or green) 6 to 7 cups water
- 1/2 inch ginger root, chopped or grated
- 1 1/2 cup of chopped assorted vegetables
- 2 tsp ghee or butter
- 1/2 tsp coriander powder
- 1/2 tsp cumin powder
- 1/2 tsp mustard seeds
- 1/2 tsp turmeric powder
- Handful of fresh cilantro leaves
- Dollop of yoghurt

Preparation

- Add the 6 cups of water to the rice and mung and cook covered until it becomes soft, approx 25 minutes.
- While cooking, prepare the vegetables by chopping and shredding in small pieces.
- Add the vegetables to the cooked rice and mung and simmer for 10 to 15 minutes longer.
- In a separate saucepan, sauté the spices in the ghee or butter at low heat. Stir to release the flavours.
- Mix the spices with the cooked rice, mung and vegetables and serve.
- You can add fresh cilantro or yoghurt.

Kitchari means mixture, usually of two grains. As a nourishing and easy to digest meal it is fundamental to the Ayurvedic way of life. There are many variations of this beautiful meal so it's good to explore until you find your optimal spice mixture.

Providing cellular rejuvenation kitchari is an excellent source of protein; it is good for all doshic types.

