



KITCHARI

Season: Spring, Summer and Fall

Recommended for: Vata, Pitta and Kapha

Servings: 4

Serving size: 1 cup

Calories per serving; 320

Ingredients

- ½ cup whole mung beans
- 1 cup white basmati rice
- 1 Tbsp. Ghee (clarified butter)
- 1 tsp coriander
- 1 tsp cumin
- 1 tsp turmeric
- ½ tsp Himalayan salt
- 2 cups low sodium vegetable stock (organic preferred)
- 1 cup chopped cilantro (garnish optional)

Directions

Soak the mung beans overnight in enough water to cover them.

The next morning, rinse the mung beans and rice (separately) until the water runs clear. Add 4 cups of water to a large pot and on medium heat, cook the mung beans for 25-30 minutes or until tender. Drain the mung beans in a colander and set aside.

In a large pot on medium heat cook the rice in 6 cups of water. Cook for 10-15 minutes or until tender (not mushy). Strain the rice and return to stove on medium heat, adding the mung beans, vegetable broth, cumin, coriander, turmeric, salt and ghee. Continue cooking until consistency has a porridge-like texture (about 10 min). When ready to serve, you may add whatever steamed or sautéed vegetable you like. You may garnish with chopped cilantro for additional flavor.

You can add more water or vegetable stock to the Kitchari when you reheat leftovers for other meals.