



Red Lentil and Quinoa Kitchari with Greens

This red lentil and quinoa kitchari with greens is a nourishing Ayurvedic digestive recipe designed to support balanced digestion and gentle cleansing.

Servings: 2

Preparation Time: 45 minutes



Ingredients

- ½ cup **red lentils**, rinsed
- ½ cup **quinoa**, rinsed
- 2 ½ cups of hot water
- 1-2 Tbsp. **ghee** or **make your own**
- ½ tsp. **coriander seeds**, crushed
- ½ tsp. **cumin seeds**
- ½ inch fresh ginger, chopped
- ½ to 1 tsp. **turmeric powder**
- 1 chopped bunch of your greens of choice: kale, Swiss chard, spinach
- Lime juice
- Fresh cilantro, chopped for garnish
- **Salt** and **pepper** to taste

Red Lentil and Quinoa Kitchari with Greens (Cont.)



Instructions

- In a large saucepan, melt the ghee and add the coriander seeds, cumin seeds, and black pepper. Sauté until slightly brown and aromatic.
- Add the ginger and saute until golden.
- Add the red lentils, quinoa, turmeric, salt, and hot water.
- Bring to a boil, then lower the heat and cover for about 20 minutes.
- Make sure there is still some water left; if not, add some more hot water before adding the chopped greens.
- Cover and cook another 10 minutes or until all of the water is absorbed and the lentils and quinoa are soft.
- Garnish with lime juice and chopped cilantro.
- If you are a garlic and onion lover, add 2 cloves of garlic and 1/2 cup of onion after the ginger is golden. Sauté until the garlic and onion are transparent.
- If you want a soupier, more Vāta pacifying meal, use a little more water.
- Make sure the lentils and quinoa are fully cooked and soft for the best digestibility.

Red Lentil and Quinoa Kitchari with Greens (Cont.)



This recipe is appropriate for all dosha types. Adjust spices to your specific needs.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

