



Kitchari

Kitchari is one of the most traditional Ayurvedic recipes for supporting digestion and gentle cleansing.

Servings: 1-2

Preparation Time: 60 minutes



Ingredients

- ½ cup **basmati rice** (white is easier to digest, which makes it perfect for this recipe)
- ½ cup **split mung dal** (yellow, small split bean: check at Indian grocer or health food store)
- 4 cups water
- 1 tsp **ghee** (clarified butter can be purchased in a jar, or use this **Ghee Recipe**)
- 2 carrots, sliced
- 1 tender zucchini, halved and sliced
- Any other vegetable you would like to add, chopped or sliced
- 1 Tablespoon of **ghee**
- ½ teaspoon **coriander seeds**
- ½ teaspoon **cumin seeds**
- ½ teaspoon **dry ginger** or 1 inch of fresh ginger chopped
- ½ teaspoon **turmeric powder**
- **Salt** to taste
- 1/4 to 1/2 of a lime
- 1/4 cup fresh cilantro, chopped

Kitchari (Cont.)



Instructions

- Rinse rice and split mung dal well.
- Place in a medium saucepan with water, ghee, and a pinch of salt. Bring to a boil, lower the heat to a simmer, and cook for 45 minutes.
- Add prepared vegetables to the rice and mung beans. Cover and cook on low for another 10-15 minutes.
- In a separate skillet, heat together the ghee, coriander, cumin, ginger, turmeric, and salt to taste until you smell the beautiful aroma, then pour over the rice and dal mixture and stir well.

This recipe can be made either thick or soupy. A variety of vegetables and spices can be used based on the season.

It is especially beneficial when digestion is off or there is illness. Adjust spices to meet your personal 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*

