

Kitchari Recipe

Prep: **10** m Cook: **45** m Ready In: **55** m

Ingredients

- 1 cup Basmati Rice
- 2 cups Mung Dal (split yellow mung beans)
- 7 cups (approx.) water
- 2 Tbs. Ghee or coconut oil (optional)
- 1 tsp. Mustard Seeds
- 2 tsp. Cumin Powder
- 2 tsp. Turmeric Powder
- 2 tsp. Coriander Powder
- 1 tsp. Fennel seed
- pinch Asafoetida (Hing)
- Salt to taste (black salt is great option)

Vegetables 2 cups: zucchini, squash, greens, asparagus, sweet potat, pumpkin, broccoli, pumpkin, carrots, peas, asparagus

Directions

1. Rinse rice and dal 2x
2. Sauté the seeds in the ghee until they pop. Then add the other spices. Add the mung dal and salt. Sauté for 1 or 2 minutes. Add boiling water, bring to boil, then simmer for 30 minutes or until the dal is about 2/3 cooked. Optional without ghee- toast spices. Can be done in slow cooker.
3. Add 2 cups cut of veggies. Add rice. Bring back to the boil, then cook on medium heat until rice is fully cooked. Aim to have minimal water remaining.
4. Top with coconut, grated ginger, lime, nutritional yeast, sauerkraut.

Adapted recipe from Dr Vasant Lad

