

Kitchari

6 servings

Make double the recipe if you are doing level 3.

1/2 cup [split yellow mung beans](#), or red lentils soaked overnight
1/2 cup white basmati rice, rinsed
1 Tb ghee or coconut oil
1/2 tsp black mustard seeds
1 tsp whole fennel seeds
1 tsp ground cumin
1 tsp turmeric
1 tsp ground coriander
¼ tsp ground black pepper
1 Tb fresh ginger, minced
4 cups water
1 bay leaf
2 cardamom pods (optional)
½ cinnamon stick or pinch of ground cinnamon
½ tsp Celtic sea salt
1/4 cup chopped cilantro per servings
Optional: 2 cups chopped spinach, chard or other leafy green vegetable

Have all your ingredients ready before your begin. You want to work quickly so you don't burn the seeds and spices.

- Drain and rinse soaked mung beans, until water runs clear.
- Rinse rice in a strainer until water runs clear.
- In a small bowl, mix the mustard and fennel seed
- In a separate bowl, measure the cumin, turmeric, coriander and black pepper .
- Chop the ginger. Have the bay leaf, cardamom (if using), and cinnamon on hand.
- Heat ghee in large pot on medium. Once it is hot add mustard and fennel seeds. Sauté until you hear the seeds 30-60 seconds.
- Quickly add the second bowl of spices and ginger. Stir.
- Immediately add the rice and beans so you don't burn the spices. Stir to coat the rice and beans with the spices.
- Add water, bay leaf, cardamom and cinnamon. Bring to a boil

- Turn heat to low, cover pot and cook until dal and rice become soft and porridge like (about 30-40 minutes), stirring occasionally.
- Add salt. Stir.
- Add additional water if you like it thinner.
- Serve topped with cilantro
- Optional: Add chopped leafy green vegetables like spinach or chard to your kitchari once it is cooked. Let sit until wilted