



KITCHARI RECIPE

1 Cup Of Basmati Rice

1/2 Cup Of Yellow Split Mung Bean Dhal, Organic

1 1/2 Tablespoon Of Ghee

1/2 tsp coriander powder

1/2 tsp cumin powder

1/2 tsp whole cumin seeds

1/2 tsp mustard seeds

1/2 tsp. turmeric powder 1 pinch

1/2 tsp Salt

4 Cups Of Water

Fresh Cilantro, Cut To Taste

If Desired, Cut Vegetables

1. Wash the rice and mung dhal. (Rinse the mung beans well.)
2. On medium heat in a saucepan, heat the ghee then add the spices. Let it simmer then add cilantro, stir briefly until you smell the aroma of the herbs.
3. Add the rice and mung dhal and stir.
4. Add the water, bring to boil.
5. Boil for 5 minutes, uncovered, stirring occasionally.
6. If you like, you can add vegetables, including cut leafy greens, and let them cook with the kitchari.
7. Turn down the heat to low and cover, with lid slightly ajar. Cook until tender, which will be about 20 to 25 minutes. With the burner on very low,
8. you can let the kitchari cook for as long as you like.

You can also prepare in a rice cooker or Instant Pot. In this case, prepare the spices and cilantro as above, then add them to the other ingredients directly in the rice cooker, using some of the water to get all the spices out of the saucepan. This is an extremely easy way to prepare a nutritious, easy-to-digest, meal that will be ready when you are.