

Kitchari (Mung beans and rice)

Cooking Instructions

1. Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add the 6 cups of water to the rice and dal and cook covered until it becomes soft, about 20 minutes.
2. While that is cooking dice up any vegetables you are using. Add the vegetables to the cooked rice and dal mixture and cook 10 minutes longer.
3. In a separate saucepan, sauté the seeds in the ghee until they pop. Then add the other spices. Stir together to release the flavors. Stir the sautéed spices into the cooked dal, rice, and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.

Recipe

- 1/2 cup basmati rice
- 1 cup mung dal (split yellow)
- 6 cups (approx.) water
- 1/2 to 1 inch ginger root, chopped or grated
- Pinch of salt (1/4 tsp. or so)
- 2 tsp. 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
- Handful of fresh cilantro leaves
- 1 and 1/2 cups assorted vegetables (optional), maybe zucchini, asparagus or sweet potatoes

Grocery List (add optional toppings to list as desired)

Produce

- 1 inch ginger root
- Cilantro
- Vegetables, if using

Canned Goods/Grocery

- 1/2 cup basmati rice
- 1 cup mung dal (split yellow mung beans)
- Ghee

Spices

- salt
- mustard seeds
- cumin seeds
- coriander powder
- cumin powder
- turmeric