

MUNG DAL KITCHARI

Makes 4-5 servings

Kitchari is a simple stew of basmati rice and split mung dal (beans). This dish is at the core of Ayurvedic nutritional healing, because it is very easy to digest and assimilate. Kitcharee can take on endless variations, depending on the herbs, spices and vegetables used. The following recipe is suitable for all constitutions, and is quick and easy to prepare. Enjoy!

1/2 cup white basmati rice or quinoa
1 cup yellow split mung dal* or sprouted whole mung beans, lentils or other legumes
2 tablespoons ghee or sunflower oil
1/2 teaspoon mustard seeds
1 teaspoon cumin seeds
1 tablespoon grated or minced fresh ginger
1 pinch of hing (asafoetida)* - *optional*
1/2 to 1 teaspoon ground coriander
1/2 teaspoon turmeric
1/2 teaspoon salt (or to taste)
4 - 5 cups water (more is adding vegetables)
small handful of fresh chopped cilantro

**split mung dal (moong dal) and hing (asafoetida) can be found at Indian or Asian markets*

Wash the rice and dal well. In a saucepan over medium heat, warm the ghee or oil and add the mustard seeds, cumin seeds, ginger and hing. Stir a moment until the seeds begin to pop.

Add the rice, mung dal, turmeric, coriander and salt and stir until well-blended with the spices.

Add the water and bring to a boil. Boil for 5 minutes, uncovered, stirring frequently.

Turn down the heat to low and cover, leaving the lid slightly ajar. Cook until tender, about 20-25 minutes (longer for whole mung beans). Add cilantro a few minutes before serving.

Garnish with more ghee and cilantro, if desired. Bragg's Liquid Aminos is also a tasty condiment, but it is salty, so go easy on this for pitta & kapha.

NOTE: You may add seasonal organic vegetables to make this a "one-pot meal". Asparagus is especially good in spring, green beans or zucchini in summer, kale or sweet potatoes in fall/winter. Add in the last 10 to 15 minutes of cooking, and use the higher amount of water.