

## RECIPE

# Kitchari

Ready in **50 minutes**

Serves **1 person**

## Ingredients

- 1 c Rice (White Basmati)
- ½ c Mung Dal (Yellow)
- 2 tbs Ghee
- ¼ tsp Black Mustard Seeds
- ½ tsp Cumin Seeds
- ½ tsp Turmeric
- 1 ½ tsp Coriander
- ½ tsp Fennel
- 1 pinch Hing / Asafoetida
- 1 tsp Fresh Grated Ginger
- 1 tsp Mineral Salt
- 6 c Water
- 2 c Chopped Veggies (Carrots, Celery, Green Beans, Summer Squash, Sweet Potato, Zucchini)

## Preparation

1. **Soak Mung Dal overnight (at least 4 hrs)**
2. Strain. Combine with rice. Rinse
3. Warm ghee in pan. **Add** mustard seeds, cumin, coriander, fennel, hing, and ginger
4. **Add** rice and dal. **Saute** for a few moments
5. **Add** 6 c water, **bring to a boil**
6. **Reduce heat.** Simmer for about 40 min
7. After 20 min, **add** vegetables to rice and dal mixture

## Tips

Little water left when finished cooking.  
Consistency of vegetable stew.

Garnish with Cilantro, Coriander Chutney,  
and / or Sesame Chutney