

## KITCHARI

<https://www.ayurveda.com/recipes/kitchari>

Kitchari means a mixture of two grains, usually. It is particularly nourishing and easy to digest, which explains its use when healing or lightening the load on the digestive system.

OPTIONS: add zucchini, asparagus, sweet potato. For Vata or Kaph conditions, add a pinch or slice of ginger. For Pitta, leave out the mustard seeds.

### INGREDIENTS:

- ½ cup basmati rice
- 1 cup mung dal (split yellow)
- 6 cups water
- ½ to 1 inch ginger root chopped or grated
- ¼ tsp. Himalayan salt
- 2 tbsp ghee
- ½ tsp. coriander powder
- ½ tsp. cumin powder
- ½ tsp. whole cumin seeds
- ½ tsp. mustard seeds
- ½ tsp. turmeric powder or 1 inch root
- Handful of fresh cilantro leaves
- 1.5 cups vegetables (as above or as you wish), optional

Carefully pick over rice and dal to remove any stones. Wash each separately in at least 2 changes of water. Add 6 cups water to the rice and dal and cook covered until soft, about 20 minutes.

Prepare any vegetables that suit your constitution. Cook 10 minutes longer.

In a saucepan, saute the seeds in the ghee. Until they pop. Add the other spices. Stir together to release the flavors. Stir the sauteed spices into the cooked dal, rice and vegetable mixture. Add the mineral salt and chopped fresh cilantro and serve.

**NOTE:** A kitchari mono-diet can lead to constipation if taken exclusively for several days, as it is low in fiber. To ensure proper elimination, the following may prove helpful if taken once a day, away from kitchari meals: psyllium husks or seeds with water OR oat bran OR prune juice, increased water intake.

You may also use the following teas to assist:

- Vata Tea - equal parts ground ginger, cumin and coriander
- Pitta Tea – equal parts ground cumin, coriander and fennel
- Kapha Tea – equal parts ground ginger, cinnamon and a pinch of clove