



# kitchari recipe

+ helpful tips

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## Kitchari for 1 day Recipe

- 1 c Split Yellow mung Beans  
or 2 c. mung bean sprouts
- 1 c White Basmati Rice
- 1 Tbs Fresh Ginger Root
- 1 Tbs ghee
- 1 tsp each Black Mustard Seeds, and Cumin  
and fenugreek seeds
- 1 tsp each Coriander powder, and fennel and  
Turmeric powder
- 1 pinch Hing (asafetida), and cloves
- 3 Bay Leaves
- 6 c. Water
- rock salt, sea salt or Bragg's, + black pepper to  
taste
- 1 c. chopped cilantro
- lemon slice or spoon of fresh yogurt

Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on medium heat. Melt the ghee. Add all the spices (except the bay leaves) and roast for a few minutes. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 15 minutes on medium heat. Turn heat to low, cover pot and continue to cook until dal and rice become soft (30-40minutes) Add salt or Bragg's to taste. Garnish with cilantro, lemon or yogurt. Add more water when you reheat it later in the day.

\*For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2-3 times + add more asafetida if you have major bloating issues.

### Why Kitchari:

Kitchari is the traditional detox food of Ayurveda. The philosophy is simple. The body detoxes when it is given the opportunity. Lighten up what you eat, and nourish the 6 tastes, and 5 senses at the same time, and voila, you've created the opportunity.

Kitchari is a considered a complete food in Ayurveda. You can eat it for weeks. Or do kitchari for a day. It's like baby food. Simple to cook and digest ... and then you don't have to worry about food for the day.



### When to eat Kitchari:

- you're stressed out or overwhelmed
- you're sick
- you're cravings are unhealthy
- you need a change of diet
- you need to give your body a break
- you're too busy to prepare other food and need deep nourishment

### What about vegetables?

This recipe is the most basic for detox or rejuvenation. Adding 2-3 cups of vegetables is a good idea:

Add diced roots in the last 20 minutes of cooking: carrots, beets, turnips, parsnips, or sweet potato.

Stir in greens when done cooking. Allow to sit for a few minutes: kale, chard, collards, celery, or shredded fennel

Stir in delicate greens just before serving: spinach, arugula, alfalfa sprouts, sunflower sprouts.

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