



Kitchari recipe + helpful tips

Atma Ayurveda

Kitchari for 1 day Recipe

- 1 c Split Yellow mung Beans or 2 c mung bean sprouts
- 1 c White Basmati Rice
- 1 T Fresh Ginger Root
- 1 T ghee
- 1 t each Black Mustard Seeds, and Cumin and fenugreek seeds
- 1 t each Coriander powder, and fennel and Turmeric powder
- 1 pinch Hing (asafetida), and cloves
- 3 Bay Leaves
- 6-8 c. Water (for thickness preferred)
- rock salt, sea salt or Bragg's, + black pepper to taste
- 1 c chopped cilantro
- lemon slice or spoon of fresh yogurt



Instructions

Soak rice and beans overnight, if possible. 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.

* Use a pressure cooker to shorten cooking time. Add vegetables after rice + beans are cooked.

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 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 cs 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.

