

Kitchiri

Kitchiri is the classic Ayurvedic meal. It is easy to digest, nutritionally complete, tasty, and the varieties are endless. Keep it simple or make it extravagant, it's up to you! Here are a couple different recipes and ways of making kitchiri.

My One-Pot Kitchiri Recipe (makes 1-2 servings) Good for VPK

Ingredients:

1/4 cup Basmati Rice
1/4 cup Split Mung Beans (you can find these at Indian grocery stores)
1/4 tsp (more or less) of the following spices - cumin powder, cumin seeds, mustard seeds, coriander seeds, turmeric, asafetida (a spice that helps with digestion, optional).
1/2 TBSP ginger
2 cups water/broth
Bouillon cube, optional if using water
Veggies of choice

Directions:

Dry roast the spices and ginger in a stockpot on med for a minute until they start to pop but do not burn. Add mung beans and rice and stir to coat, a few seconds more. Add water or broth, veggies and bouillon cube and bring to boil. Add any veggies here if you would like. Cover and lower to a simmer for 40-45 minutes. Serve with lime wedges, himalayan salt and cilantro.

Rice Cooker Kitchiri (makes 3-4 servings)

Good for VPK

Ingredients:

1/2 cup mung dal or red lentil
1/2 cup basmati rice (may use 1/2 quinoa, barley, amaranth, millet, oats, or other grain).
2 1/2 cups water
2-3 carrots
1 yellow squash OR zucchini
3-4 large leaves of kale (may use spinach or other greens)
2 thin slices fresh ginger - chopped fine
1/2 tsp. salt
1/4 tsp- 1/2 tsp Savory Churna
Optional: fresh cilantro, raisins, pumpkin seeds, seaweed, any other vegetables (sweet potatoes, daikon, other greens) that you have at home.

Directions:

Put all ingredients, but the lime and ghee into rice cooker. You may also use a crock-pot which will of course be slower-cooking. Turn on and enjoy!

Digestive Kichari

Ingredients:

1/2 tsp. cumin seeds
2 Tbsp ghee
3 bay leaves
1 tsp coriander seeds
1/2 tsp turmeric
1 tsp oregano, dry
1/2 tsp sea salt
1 stick Kombo
1 tsp fresh ginger, grated
1/2 C basmati rice
1/4 C split mung dal
4-6 cups water
3 C diced veggies

Directions:

- 1) Wash rice and beans
- 2) Warm ghee in saucepan. Add cumin seeds, bay leaves, coriander, and oregano. Brown until aromatic. Stir in turmeric, rice, and dal
- 3) Add water, salt, kombu and ginger. Simmer covered over medium heat until beans and rice are soft (1 hr)
- 4) Wash and dice veggies and add them and cook until tender (15-20 min)