



Recipes

Beans

Kitchari

Prep Time: 10 minutes

Bean Soaking Time: 2 hours

Cooking Time: 1 hour

Yield: 6 servings

Ingredients:

1/2 cup mung beans
8 cups water, divided
2 tablespoons ghee or olive oil
1 teaspoon mustard seeds
1 teaspoon cumin seeds
1 cup cooked basmati rice
1/2 teaspoon turmeric powder
1/2 teaspoon salt

Directions:

1. Soak the beans in a bowl with water for 2 hours, then drain and rinse.
2. Cook the beans in 4 cups of water for 30 minutes and drain excess liquid.
3. Heat the ghee or oil in a deep pan over medium heat.
4. Add mustard and cumin seeds and stir until they pop, about 2 minutes.
5. Add the rice, beans, turmeric and salt and stir.
6. Add the water, and bring to a boil.
7. Reduce heat, cover most of the way, and simmer 25 minutes, until rice and beans are cooked.

Variations:

Add any vegetables you like to the pot while the rice and beans are cooking.
Try adding fresh herbs near the end of the cooking time, such as thyme or parsley.

Note:

Kitchari, a combination of rice and mung beans, is used in Ayurveda for cleansing the system.