

Kitchari recipe, serves 2

What is Kitchari good for?

- eliminate accumulated toxins from the mind and body tissues.
- improve digestion and restore regular bowel movements.
- remove heaviness or congestion in the body.
- support a healthy body weight or weight loss.
- improve energy and vitality.
- promote overall health and wellness



In India kitchari is the first food for babies, a healing food for the Sick, a detoxing food, and an overall healing and nourishing food that is easy to digest!

Ingredients:

1 cup [basmati rice](#)

½ cup [yellow mung dal](#)

1 tablespoon [Kitchari Spice Mix*](#)

2 tablespoons [ghee](#)

6 cups water

1–2 cups chopped vegetables (optional)

The [Kitchari Kit](#) has all the basic ingredients you'll need to get started.

Optional garnishes: fresh cilantro, lime

Directions:

Wash rice and mung dal and soak overnight. Drain soak water. In a medium saucepan warm the ghee. Add the Kitchari Spice Mix and sauté for one to two minutes. Add rice and mung dal and sauté for another couple of minutes. Then add 6 cups of water and bring to a boil. Once the kitchari has come to a boil reduce the heat to medium-low. Cover and cook until it is tender (approx. 30–45 minutes). If you are adding vegetables to your kitchari, add the longer cooking vegetables, such as carrots and beets, halfway through the cooking. Add the vegetables that cook faster, such as leafy greens, near the end. Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. A thinner consistency is preferable if your digestion is weak. You will notice that kitchari will thicken when it cools and you may need more water than you originally thought.

***Note:** The following spices may be used in place of Kitchari Spice Mix

- 1 teaspoon black mustard seeds
- 1 teaspoon [cumin seed](#)
- 1 small pinch of asafoetida (hing) powder
- 1 teaspoon [turmeric powder](#)
- 1 teaspoon [coriander powder](#)
- 4 thin slices of fresh ginger root

Source: <https://www.banyanbotanicals.com>

Banyanbotanicals sells the ready to go kitchari kit that is mentioned above. Enjoy!