

## Kitcharee

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Kitcharee is a healing food made up of equal parts rice and mung beans usually with spices. It is easy to digest and can be used therapeutically for healing and cleansing. However, it is also a great regular staple food for maintaining health. This particular recipe is very mild and balancing for all three Doshas.

### Ingredients:

¼ c split mung dal	¼ tsp turmeric
½ c basmati rice	salt to taste
2 c water	2 tsp flax oil or ghee

In a medium pot on high heat, combine all ingredients, except oil, and bring to a boil. Reduce heat to simmer, cover with lid, and cook for 25-30 minutes. Drizzle with oil or ghee before serving.

## Kundalini Mung Beans & Rice with Vegetables

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This is basic Kitcharee with a kick. With the extra spices, which are great for digestion, it does increase Pitta more so if you already have high Pitta, you would be better eating the mild version above. This is a perfectly balanced protein dish, easy to digest and very satisfying. Good any time of year but makes a particularly good winter diet dish to combat the cold.

### Ingredients:

4 ½ c water	2 Tbs ghee or oil
½ c whole mung beans	¾ Tbs turmeric
½ c basmati rice	¼ tsp dried crushed red chilies
1 onion, chopped	¼ tsp ground black pepper
3 cloves garlic, minced	½ tsp coriander
¼ c finely minced ginger root	½ tsp cumin
3 c chopped vegetables	½ tsp salt

### Cooking instructions:

Rinse the mung beans and rice. Add the mung beans to boiling water and cook until they begin to split. Add the rice and cook another 15 minutes, stirring occasionally. Now add the vegetables.

Heat the ghee/oil in a sauté pan and add the onions, garlic and ginger and sauté until clear. Add the spices and cook 5 more minutes, stirring constantly. Add a little water if necessary. Add this to the cooked rice and beans. You can substitute vegetables as you like, as well as use Bragg Liquid Aminos or tamari or soy sauce instead of salt.