



## CLASSIC CLEANSING KITCHARI

Vata ↓, Pitta ↓, Kapha ↓

**Serves** 5 to 6

**Prep Time:** 5 minutes

**Cook Time:** 35 minutes

### INGREDIENTS

- 1/2 teaspoon cumin seed, whole
- 1/2 teaspoon brown mustard seed, whole (omit for Pitta)
- 1/2 teaspoon freshly ground black pepper
- 2 teaspoons Agni Churna\*
- 1/8 teaspoon cayenne pepper (optional, omit for Pitta)
- 1/4 cup minced onion
- 1 teaspoon finely minced serrano pepper (optional, omit for Pitta)
- 2 tablespoons finely minced ginger
- 2 tablespoons ghee
- 1 cup split mung dal
- 3/4 cup basmati rice (use quinoa for Kapha)
- 6 cups water
- 1/3 cup thinly sliced carrot
- 1/2 cup thinly sliced celery
- 1 cup chopped kale leaves, stemmed
- 1/4 cup finely chopped cilantro
- 1/2 lemon, juiced (use lime for Pitta)
- 3/4 teaspoon salt
- Lemon wedges, for garnish (use lime for Pitta)
- Chopped green onion, for garnish
- Ghee, for individual servings

\*Replace the Agni Churna with 1 teaspoon turmeric, 1/4 teaspoon cumin powder, and 1/4 teaspoon fennel powder.

### DIRECTIONS

1. Measure the spices, chop the onion, and mince the serrano and ginger.
2. Heat a large sauce pan over medium heat and add in the ghee. Once hot, add in the onion, cumin, brown mustard seed, and black pepper. Stir over a medium heat for 2 minutes.
3. Add in the fresh ginger, serrano pepper (if used), cayenne pepper (if used), and Agni Churna. Sauté for an additional 30 seconds stirring constantly.

4. Add in the water and bring it to a boil over high heat.
5. Once boiling, reduce the heat to low-medium and add in the mung dal. Cover the pan, leaving a slight opening to prevent overflow. Cook for 15 minutes, stirring half way.
6. As the beans are cooking, begin to slice up the carrot, celery, and kale.
7. After 15 minutes, add in the rice, carrot, celery, and kale to the pot. Stir well and cover the pan, keeping it slightly cracked. Cook over a low-medium heat for 15 minutes, stirring every 3 to 4 minutes. If the kitchari becomes too thick, carefully add more water by the quarter cup.
8. After 15 minutes, reduce the heat to low, cover the pan completely and cook for a remaining 3 minutes. Stir every minute to avoid the kitchari sticking to the bottom of the pan.
9. Turn off the heat and take the pan off of the hot burner. Add in the cilantro, fresh lemon juice, and salt. Stir well to blend all of the ingredients together evenly. Cover the pan and let it sit for a few minutes to allow the flavors to harmonize.
10. Serve into individual bowls. For added cleansing effects, garnish generously with extra cilantro, lemon juice (lime for Pitta), and ghee. Add more salt and pepper if needed.
11. Kitchari is best the first day, however, it will keep for up to 3 to 5 days in the refrigerator. Reheat over a low heat and add in 1/4 cup of water, 1 teaspoon of ghee, fresh lemon juice, cilantro, and a dash of salt and pepper with each serving.