



VATA-REDUCING KITCHARI

Vata ↓, Pitta ↓, Kapha ↑

Serves: 4 to 6

Prep time: 10 minutes

Cook time: 35 minutes

INGREDIENTS

- 1/2 teaspoon cumin seeds, whole
- 1/2 teaspoon brown mustard seeds, whole
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon Vata Churna
- 2 tablespoons shredded coconut
- 1/8 teaspoon cayenne pepper
- 7 cups bone, chicken, or vegetable broth (substitute with water)
- 1/4 cup minced onion
- 2 tablespoons finely minced fresh ginger
- 2 tablespoons sesame oil
- 2 cinnamon sticks
- 1 cup mung dal
- 1 medium carrot, thinly sliced
- 1/2 cup chopped sweet potato
- 1/3 cup chopped beet
- 1/2 cup chopped cauliflower
- 2 cups baby spinach leaves, chopped
- 1 cup basmati rice
- 1 lemon, juiced
- 1/2 teaspoon pink Himalayan salt
- Ghee, for individual servings
- Chopped cilantro, for garnish
- Shredded coconut, for garnish

DIRECTIONS

1. Measure the spices and the water to have ready. Mince the onion and ginger.
2. Warm the sesame oil over medium heat in a large soup pot. Once hot, add in the onion, cumin seeds, brown mustard seeds, and black pepper. Sauté for 2 minutes, stirring frequently.
3. Add in the Vata Churna, ginger, coconut, and cayenne. Sauté for 30 seconds, stirring constantly.

4. Add in the broth (or water) and cinnamon sticks. Increase the heat to high, cover the pan, and bring it to a boil.
5. Once boiling, reduce the heat to medium and add in the mung dal. Stir well and cover the pan, leaving a large crack in the lid. Cook for 10 minutes stirring around half way.
6. As the beans are cooking, begin to chop up the carrot, sweet potato, beet, and cauliflower into small, bite size pieces.
7. After 15 minutes, add in the rice, carrot, sweet potato, beet, and cauliflower to the pot. Stir well and place back the lid keeping a large crack. Cook over medium heat for 10 minutes, stirring every 3 to 4 minutes.
8. While waiting, chop the spinach into thin slices.
9. After 10 minutes, add in the spinach, reduce the heat to low, cover the pan completely, and cook for 5 minutes. Stir every 1 to 2 minutes to avoid the kitchari from sticking to the bottom of the pan.
10. Turn off the heat but leave the pan on the hot burner. Add in the fresh lemon juice and salt. Stir well and blend all of the ingredients together evenly. Cover the pan and let it sit for a few minutes to allow the flavors to harmonize.
11. Serve into individual bowls. For added Vata-reducing effects, add 1 teaspoon of ghee to each serving and garnish generously with cilantro and coconut. Additional lemon juice, salt, and pepper can be added if needed.
12. 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, coconut, cilantro, and a dash of salt and pepper with each serving.