



CLASSIC CLEANSING KITCHARI RECIPE

SERVING SIZE: 3-4

INGREDIENTS:

- 1 c split mung dal, soaked overnight (can be replaced with red lentils)
- 3/4 c basmati rice (can be substituted for brown rice or quinoa)
- 4-5 c purified water
- 1 carrot, thinly sliced or grated
- 1-2 celery sticks, thinly sliced
- 2-3 leaves of chard, kale or collard greens
- 2 tbsp ghee, coconut oil or sesame oil
- 1 tsp fennel, freshly ground or whole
- 1 tsp cumin, freshly ground or whole
- 1 tsp coriander, freshly ground or whole
- 3-5 black peppercorns, freshly ground
- 1 inch fresh ginger, peeled and finely grated
- Fresh juice from a 1/2 of a lemon
- 5+ sprigs of fresh cilantro, finely chopped
- 1 tsp turmeric
- Salt to taste (sea salt or pink Himalayan)

INSTRUCTIONS:

1. In a medium size sauce pan add the ghee (or oil) along with the cumin, coriander, fennel and black pepper and stir over a medium heat until the spices brown slightly and start to crackle.
2. Place the water in the same pan and bring to a boil. Add the mung dal and the basmati rice. Reduce the heat to low, stirring occasionally. Cover the pan, leaving a slight opening to prevent the risk of overflow.
3. As the beans are cooking, begin to slice up the carrot, celery and greens. Add to the pot, stir, and place back the lid keeping it slightly cracked.
4. Keep the ingredients on a low boil for 30-45 minutes or until the beans and veggies are soft (almost mushy) and well cooked.
5. Remove from heat. Add cilantro, fresh lemon juice, grated ginger, turmeric and salt to taste.

NOTE: When using whole mung beans and/or brown rice the cooking time will increase. Make sure to use more water and to cook for at least 30 minutes alone before adding the veggies.