



GET WELL KITCHARI

Vata ↓, Pitta ↑*, Kapha ↓

Makes: 5 to 6 cups

Prep Time: 5 minutes

Cook Time: 40 to 45 minutes

*This recipe is overall heating, however during times of illness Pitta types can still benefit as the heat helps to kill off microbes, promote sweating, alleviate fever and detoxify the system.

INGREDIENTS

- 1 teaspoon ghee, coconut oil, or sesame oil
- 2 to 3 cloves of garlic, finely minced
- 1/4 teaspoon cumin seed*
- 1/4 teaspoon fennel seed*
- 1/4 teaspoon brown mustard seed*
- Large pinch of cayenne pepper (optional but recommended)
- 1/8 teaspoon freshly ground black pepper (or about 10-15 black peppercorns)
- 5 cups bone broth, chicken broth or veggie broth (ideally homemade)
- 2 cups of water
- 1/4 cup mung dal (substitute with red lentils)
- 1/2 cup basmati rice
- 1/2 teaspoon turmeric powder*
- Fresh ginger (2 inch cube), grated or finely minced (substitute with 3/4 teaspoon dry ginger)
- 1/4 teaspoon pink Himalayan salt
- 1/2 lemon, juiced
- 2 green onions, chopped

*These spices can be replaced with 1 to 2 teaspoons of Agni Churna spice blend.

DIRECTIONS

1. Place the medium sauce pan over medium heat and add in the ghee or oil. Once hot, add in the minced garlic, cumin seed, brown mustard seed, fennel seed, (or Agni Churna), cayenne pepper (if used), and black pepper. Stirring constantly, sauté these spices for 1 to 2 minutes until the spices become slightly roasted and the garlic begins to turn a light brown.
2. Add in the broth and water. Turn the heat to high and bring to a boil.

3. Once boiling, turn the heat to low and add in the mung dal and basmati rice. Cover the pot, leaving a slight crack to avoid overflow.
4. Cook over low heat for 40 to 45 minutes. The final result should be a liquidy and well cooked soup-like meal. The dal and rice should be split open and very soft to touch.
5. Turn the heat off but leave the pan on the hot burner. Add in the turmeric, grated ginger, salt, fresh lemon juice, and chopped green onions. Stir well until everything is evenly blended.
6. Take a small serving for a healing breakfast, lunch, or dinner during times of cold, fever, flu, weakness, or general debility. For more severe illnesses, this should be the only meal until the hunger returns, the digestion is strengthened and optimal health is established.