



PITTA REDUCING KITCHARI

Vata ↓, Pitta ↓, Kapha ↓↑

Serves: 5 to 6

Prep Time: 5 to 10 minutes

Cook Time: 35 minutes

INGREDIENTS

- 1 teaspoon cumin seed, whole
- 1/8 teaspoon freshly ground black pepper
- 1 1/2 teaspoons Pitta Churna*
- 2 tablespoons finely minced ginger
- 2 tablespoons ghee
- 2 tablespoons shredded coconut
- 6 cups water
- 1 cup mung dal
- 3/4 cup basmati rice
- 1/2 cup chopped zucchini
- 1/2 cup chopped yellow squash
- 5 asparagus stalks, chopped
- 1 large celery stick, thinly sliced
- 1 large kale, stemmed and thinly sliced
- 1/2 cup of fresh cilantro, finely chopped
- 1 lime, juiced
- 1/2 teaspoon pink Himalayan salt
- Chopped cilantro, for garnish
- Shredded coconut, for garnish
- Ghee, for individual servings

*Pitta Churna can be replaced with Agni Churna or a mixture of 1/2 tsp turmeric, 1/2 tsp cumin powder, 1/4 tsp coriander powder, 1/4 tsp fennel powder and a pinch of cardamom.

DIRECTIONS

1. Heat a large sauce pan over medium heat and add the ghee. Once hot, add in the cumin seed and black pepper. Sauté here for 2 minutes stirring frequently.
2. Add in the Pitta Churna, fresh ginger, and shredded coconut. Stirring constantly, sauté for an additional 30 seconds.
3. Pour the water into the pan and bring it to a boil.

4. Add the mung dal and reduce the heat to medium. Cover the pan, leaving a crack to prevent overflow. Cook here for 15 minutes, stirring every 5 minutes.
5. As the beans are cooking, begin to chop the zucchini, yellow squash, celery, asparagus, and kale.
6. After the 15 minutes is up, add in the rice, zucchini, yellow squash, celery, asparagus, and kale to the pan. Stir well and place the cover back onto the pot, leaving a small crack. Reduce the heat slightly to a low-medium setting and cook for 12 minutes.
7. Stir every 3 to 4 minutes during the remaining cooking time. If the kitchari becomes too thick, carefully add more water by the quarter cup.
8. After 12 minutes, turn the heat to low, cover the pan completely and cook for 3 additional minutes, stirring half way.
9. Turn off the heat and take the pan off of the hot burner. Add in the cilantro, fresh lime juice, and salt. Stir well and then cover for an additional 3 minutes to let all of the flavors soak in.
10. Once you are ready to serve, garnish each individual bowl with extra cilantro, shredded coconut, and ghee (about 1 tsp per bowl). Add any additional lime juice, salt, and pepper if needed.
11. Take a deep breath, sit comfortably in a peaceful space, and enjoy with good company!

Reheating tip: Kitchari is best the first day, however, it will keep for up to 3 to 5 days in the refrigerator. Since the ingredients tend to become dry after sitting overnight, it is recommended to add in 1/4 cup of water, 1 teaspoon of ghee, fresh lime juice, cilantro, shredded coconut, and a dash of salt and pepper with each reheated serving.