

# REJUVENATION KITCHARI

Vata ↓, Pitta ↓, Kapha ↑

**Serves 2 / Prep Time: 10 minutes / Cook Time: 45 to 50 minutes**

## INGREDIENTS

- 2 tablespoons of Rasayana Ghrita (substitute with plain ghee or coconut oil)
- 1/4 teaspoon cumin seed\*
- 1/4 teaspoon brown mustard seed\*
- 1/4 teaspoon fennel seed\*
- 1/4 teaspoon fenugreek seed\*
- 2 tablespoons shredded coconut
- 2 tablespoons cashew pieces (substitute with almond slivers)
- Fresh ginger (1 to 2 inch cube), finely grated
- 1/2 teaspoon turmeric\*
- 1 cinnamon stick
- 5 cups bone broth, meat broth, or veggie broth (substitute with water)
- 1/2 cup mung beans whole, soaked overnight
- 1/2 cup brown rice
- 1/2 small sweet potato, chopped
- 1 medium carrot, grated (chop if no grater is available)
- 15 to 20 raisins
- 1 to 2 tablespoons sesame seeds, freshly ground\*\*
- 1 lemon, juiced
- 1/2 teaspoon pink salt, mineral salt, or sea salt
- 1/8 teaspoon freshly ground black pepper
- Chopped cilantro, for garnish
- Chopped green onion, for garnish
- Shredded coconut, for garnish

\*These spices can be replaced by 1 teaspoon of Agni Churna.

\*\*Grind the sesame seeds into a paste using a spice grinder. If a grinder is not available, use tahini as a replacement.

## DIRECTIONS

1. Melt the Rasayana Ghrita (or ghee/coconut oil) in a large sauce pan on medium heat. Once hot, add the cumin, brown mustard seeds, fennel seeds, and fenugreek seeds. Sauté for 2 minutes, stirring every 30 seconds. Add in the shredded coconut, cashew pieces, grated ginger, and turmeric and sauté for an additional 1 minute, stirring constantly.
2. Add the broth and increase the heat to high; bring to a boil.

3. Once boiling, reduce the heat to low-medium and add the cinnamon stick, mung beans and brown rice. Cover and cook for 20 minutes. \*\*Keep a slight crack in the lid to avoid overflow.
4. After 20 minutes, add the chopped sweet potatoes, grated carrots, and raisins. Cook for an additional 20 to 25 minutes over low heat. Stir every 5-10 minutes.
5. Check on the kitchari at 20 minutes. Once finished, the beans should be split open, and the rice and veggies should be very soft. If there is still crunchiness, add a bit more water or broth (if needed), cover, and cook until everything is at the desired consistency. Check and stir every 3 minutes.
6. After the cooking process is complete, add in the sesame seed paste (or tahini), fresh lemon juice, black pepper, and salt. Stir together until everything is evenly blended.
7. Serve in a bowl. Garnish each serving with chopped green onions, cilantro, and shredded coconut for a delicious finishing touch.
8. Always eat sitting down, with awareness, and with good company!