



LIVER CLEANSING KITCHARI

Vata ↓, Pitta ↑*, Kapha ↓

Serves 4 to 5

Prep Time: 5 minutes

Cook Time: 60 minutes

*Pitta types can use this recipe with the proper modifications listed during periods of cleansing throughout the fall and winter season.

INGREDIENTS

- 1 1/2 cups whole mung beans, soaked
- 4 tablespoons olive oil, divided
- 1/3 cup minced onion
- 1/2 teaspoon cumin seed, whole
- 1/4 teaspoon brown mustard seed, whole (omit for Pitta)
- 1/4 teaspoon fennel seed, whole
- 3/4 teaspoon salt, divided
- 1/8 teaspoon freshly ground black pepper
- 3 cloves garlic, minced (use 1 for Pitta)
- 2 tablespoons finely minced ginger
- 1 teaspoon turmeric
- 1/8 teaspoon cayenne pepper (optional, omit for Pitta)
- 7 1/2 cups water
- 1 cup red rice (I get mine from Lotus Foods)
- 1 cup chopped beets (chopped to about 1/2 to 1 inch cubes)
- 1 small carrot, thinly sliced
- 2 celery stalks, thinly sliced
- 1 cup chopped dandelion greens, well packed (substitute with kale or collard greens if needed)
- 1/2 cup chopped cilantro
- Juice of 2 lemons
- Chopped scallions, for garnish
- Chopped cilantro leaf, for garnish

DIRECTIONS

1. Soak the mung beans overnight in a large container of water. If time is short, place the beans in a glass container and cover them with boiling water. Let the beans soak in the hot water for a minimum of 30 minutes, although at least 2 to 6 hours would be ideal.

2. Strain the beans and discard the water.
3. Heat 2 tablespoons of olive oil in a large pot over medium heat. Add in the minced onion, cumin seeds, brown mustard seeds, fennel seeds, 1/2 teaspoon of salt, and black pepper. Sauté for 2 minutes, stirring frequently.
4. Add in the minced garlic, minced ginger, turmeric, and cayenne pepper (if using). Sauté for an additional 30 seconds, stirring constantly.
5. Add in the water, increase the heat to high, and bring it to a boil.
6. Once boiling, reduce the heat to medium and add in the mung beans. Cook, mostly covered, for 10 minutes. Stir halfway through.
7. Add in the red rice and beets. Continue to cook on medium for 20 minutes. Stir every 5 minutes.
8. Add in the carrots, celery, and dandelion greens. Reduce the heat slightly to medium-low and cook for 15 minutes. Stir every 5 minutes. If at any point the kitchari becomes too dry, carefully add in more water by the 1/4 cup.
9. After 15 minutes, check on your kitchari. If the beans, rice, and veggies are not all extremely mushy and well cooked, reduce the heat to low, cover the pan completely, and cook for an additional 5 to 10 minutes. Check and stir every 1 to 2 minutes.
10. Once the kitchari is well-cooked to your desire, turn the heat off. Add in the remaining 1/4 teaspoon of salt, lemon juice, cilantro, and remaining 2 tablespoons of olive oil. Stir well until all of the ingredients have been evenly blended.
11. Serve into bowls. Garnish each bowl with a handful of scallions and extra cilantro.
12. Eat this deliciously cleansing dish as a mono-diet during any cleanse (especially liver cleanses), or simply enjoy it as a hearty, healthy lunch or dinner throughout the fall and winter seasons.

REHEATING TIP

Although food is always best when eaten fresh, leftovers can be stored in an airtight glass container for 2 to 5 days. When reheating, use only the amount that is needed at that time (never reheat food more than once!). Place the kitchari in a small pan. Add a splash of water and 1/2 teaspoon of fresh olive oil per serving. Reheat, covered, on a very low setting for 10 to 15 minutes, stirring frequently. Once heated, add a dash of salt and a splash of fresh lemon juice. Stir well and enjoy!