



KAPHA-REDUCING KITCHARI

Vata↓, Pitta↑, Kapha↓

Servings: 4 (recipe can be doubled as needed)

Prep Time: 10 minutes

Cook Time: 35 minutes

INGREDIENTS

- 1/2 teaspoon cumin seeds, whole
- 1/2 teaspoon brown mustard seeds, whole
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons Kapha Churna
- 1 teaspoon ginger powder
- 1/8 teaspoon cayenne pepper
- 5 1/2 cups water
- 1/4 cup minced onion
- 1 to 2 teaspoons minced serrano pepper
- 2 cloves garlic, finely minced
- 1 tablespoon sunflower oil
- 1 cup mung dal
- 1 medium carrot, thinly sliced
- 2 celery stalks, thinly sliced
- 1 cup chopped cauliflower
- 1/2 cup chopped broccoli
- 2 cups chopped baby spinach leaves (substitute with kale)
- 1/2 cup quinoa
- 1 lemon, juiced
- 1/2 teaspoon pink Himalayan salt
- Chopped cilantro, for garnish
- Chopped green onion (scallions), for garnish

DIRECTIONS

1. Measure the spices and the water. Chop the onion and mince the serrano pepper and garlic. Set aside.
2. Warm the sunflower oil over medium heat in a large sauce pan. Once hot, add in the onion, cumin seeds, brown mustard seeds, and black pepper. Sauté for 2 minutes, stirring frequently.
3. Add in the serrano pepper and garlic. Continue to sauté for 1 minute, stirring frequently.

4. Add in the Kapha Churna, ginger, and cayenne. Sauté for 30 seconds, stirring constantly.
5. Add in the water and increase the heat to high. Cover the pan and bring it to a boil.
6. Once boiling, reduce the heat to medium and add in the mung dal. Stir well and cover the pan, leaving a large crack in the lid. Cook for 15 minutes stirring half way.
7. As the beans are cooking, begin to slice up the carrot, celery, cauliflower, broccoli, and spinach.
8. After 15 minutes, add in the quinoa, carrot, celery, cauliflower, and broccoli to the pot. Stir well and cover, keeping the lid slightly cracked. Cook over a medium-low heat for 10 minutes, stirring every 3 to 4 minutes. If the kitchari becomes too thick, carefully add more water by the quarter cup.
9. After 10 minutes, add in the spinach, reduce the heat to low, cover the pan completely, and cook for 5 minutes. Stir every minute to avoid the kitchari from sticking to the bottom of the pan.
10. Turn off the heat but leave the pan on the hot burner. Add in the fresh lemon juice and salt. Stir well to blend together evenly. Cover the pan and let it sit for a few minutes to allow the flavors to harmonize.
11. Serve into individual bowls. For added Kapha-reducing effects, garnish generously with cilantro, chopped green onion, extra lemon juice, and black pepper.

STORAGE AND REHEATING INSTRUCTIONS

Kitchari is best on the first day; however, it will keep for up to 3 to 5 days in the refrigerator in an airtight, glass container. To reheat, place the amount desired in a small saucepan and add in a couple tablespoons of water. Warm slowly over a low heat. Keep the pan covered and stir every 1 to 3 minutes. After heating, add in fresh lemon juice, cilantro, green onion, and a dash of salt and pepper with each serving. Avoid reheating the kitchari more than once.