



FALL KITCHARI RECIPE

Doshic Effect: Vata↓, Pitta ↓*, Kapha ↓*

Serves: 4 to 5

Soak Time: 12 to 24 hours (see “Additional Tips” for speed soaking method)

Prep Time: 5 minutes

Cook Time: 45 to 50 minutes

*Please follow the ingredient modifications for each respective dosha.

INGREDIENTS

- 2 tablespoons ghee (substitute with Rasayana Ghrita or coconut oil) (use 1 tablespoon for Kapha types)
- 1/2 teaspoon cumin seed
- 1/2 teaspoon brown mustard seed (omit for Pitta types or replace with fennel seed)
- 1/8 teaspoon freshly ground black pepper
- 1/2 to 1 jalapeño, finely minced (optional; omit for Pitta)
- Fresh ginger (2 to 3 inch cube), finely minced or grated
- 2 tablespoons shredded coconut (use 1 tablespoon for Kapha)
- 2 tablespoons cashew pieces (use 1 tablespoon for Kapha)
- 1 to 2 teaspoons Agni Churna* (or Vata Churna, Pitta Churna, or Kapha Churna)
- 8 cups unsalted bone broth, meat broth, or veggie broth - homemade is best! (substitute with water or use 1/2 broth and 1/2 water)
- 2 cinnamon sticks
- 1 cup mung beans whole, soaked overnight
- 3/4 cup brown rice
- 1 small sweet potato, chopped (about 1 1/2 cups)
- 1 medium carrot, chopped
- 2 to 3 medium kale leafs, stemmed and chopped
- 1 lemon, juiced
- 3/4 teaspoon pink salt, mineral salt, or sea salt
- Chopped green onion (scallions), for garnish
- Shredded coconut, for garnish (omit for Kapha)

*Agni Churna can be replaced by 1/2 teaspoon turmeric powder, 1/4 teaspoon fennel powder, 1/4 teaspoon coriander powder, and 1/4 teaspoon cumin powder.

DIRECTIONS

1. Soak the mung beans overnight. Strain and discard the soaking water. Set aside.
2. Mince the ginger and jalapeño (if using), set aside.

3. Melt the ghee in a large sauce pan on medium heat. Once hot, add the cumin seeds, brown mustard seeds, and black pepper. Sauté for 2 minutes, stirring every 30 seconds.
4. Add in the shredded coconut and cashew pieces. Continue to sauté for 2 minutes, stirring every 30 seconds.
5. Add in the Agni Churna and sauté for an additional 1 minute, stirring constantly.
6. Add the broth and cinnamon sticks and increase the heat to high; bring to a boil.
7. Once boiling, reduce the heat to medium-low and add the mung beans and brown rice. Cover and cook for 20 minutes. *Keep a slight crack in the lid to avoid overflow.
8. After 20 minutes, add the sweet potatoes, carrots, and kale. Cook for 20 minutes over medium-low heat. Stir every 5 to 10 minutes.
9. Check on the Kitchari at 20 minutes. 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), turn the heat to low, cover, and cook until everything is at the desired consistency. Check and stir every 3 to 5 minutes.
10. After the cooking process is complete, add in the fresh lemon juice and salt. Stir together until everything is evenly blended.
11. Serve in a bowl. Garnish each serving with chopped green onions and shredded coconut for a delicious finishing touch. Add more ghee, salt or pepper as needed.
12. Eat sitting down, with gratitude, with awareness, and with good company!

ADDITIONAL TIPS

- If you do not have enough time for soaking the beans overnight, 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 3 to 6 hours will be best.
- Vata types can add more nourishment and creaminess by mixing in 1 to 2 spoonfuls of tahini during step number 10.
- Replace the Agni Churna with Vata, Pitta, or Kapha Churna to make it more balancing for your dosha type.
- Use homemade broth for the most vital nutrients and flavor.
- Enjoy this meal for a more nourishing fall season Kitchari Cleanse (great for a Vata-balancing cleanse or during times of depletion), or as a post-cleanse meal for rebuilding and rejuvenation (great for all body-types).