



## BEST BASIC KITCHARI RECIPE

Vata ↓, Pitta ↓, Kapha ↓

**Serves:** 3 to 4

**Prep Time:** 5 minutes

**Cook Time:** 35 minutes

### INGREDIENTS

- 2 tablespoons ghee (substitute with sesame or olive oil)
- 1/2 teaspoon cumin seed, whole
- 1/2 teaspoon brown mustard seed, whole (omit for Pitta)
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons finely minced ginger
- 1 to 2 teaspoons Agni Churna
- 5 cups water (add more later if soupier kitchari is preferred!)
- 1 cup split mung dal
- 3/4 to 1 teaspoon pink Himalayan salt or mineral salt
- 2/3 cup Basmati rice or quinoa (use quinoa for Kapha types)
- 1 small carrot, thinly sliced\*
- 2 medium celery stalks, thinly sliced\*
- 1 large kale leaf (or 2 small), stemmed and chopped\* (substitute with any suitable bitter green)
- 1/2 large or 1 small lemon, juiced (use lime for Pitta)
- 1 teaspoon freshly grated turmeric or 1/2 teaspoon turmeric powder (fresh is best when available)
- Chopped cilantro, for garnish
- Chopped green onion (scallions), for garnish (optional, avoid for Pitta)
- Ghee, for individual servings (optional, keep minimum for Kapha)

\*These vegetables can be omitted during a strict cleanse if veggies are not allowed in the diet. They can be added in during the post-cleanse phase when appropriate.

### DIRECTIONS

1. Soak the mung dal overnight. Strain and discard the soaking water before adding it to the pot.
2. Soak the quinoa or rice overnight. Strain and discard the soaking water before adding it to the pot.
3. Mince the ginger and set aside.

4. Heat a large saucepan over medium heat and add in the ghee. Once hot, add in the cumin, brown mustard seed, and black pepper. Stir over a medium heat for 2 minutes.
5. Add in the fresh ginger and Agni Churna. Sauté for an additional 30 seconds stirring constantly.
6. Add in the water and bring it to a boil over high heat.
7. Once boiling, reduce the heat to low-medium and add in the mung dal and salt. Cover the pan, leaving a slight opening to prevent overflow. Cook for 15 minutes, stirring halfway.
8. As the beans are cooking, begin to slice up the carrot, celery, and kale.
9. After 15 minutes, add the rice, carrot, celery, and kale to the pot. Stir well and cover the pan, keeping it slightly cracked. Cook over low-medium heat for 12 minutes, stirring every 3 to 4 minutes. If the kitchari becomes too thick, carefully add more water by the quarter cup until the desired consistency is reached.
10. After 12 minutes, reduce the heat to the lowest setting, cover the pan completely, and cook for the remaining 3 to 5 minutes. Stir every minute to avoid the kitchari sticking to the bottom of the pan.
11. Turn off the heat and take the pan off of the hot burner. Add in the fresh lemon juice. Stir well to blend all of the ingredients evenly. Cover the pan and let it sit for a few minutes to allow the flavors to harmonize.
12. Serve warm and enjoy. For added cleansing effects, garnish generously with cilantro, scallions (if using), and extra ghee. Add more salt and pepper if needed.
13. During a cleanse this kitchari should be made fresh daily; however, it will keep for up to 3 to 5 days in the refrigerator. Reheat over low heat and add 1/4 cup of water, 1 teaspoon of ghee, fresh lemon juice, and a dash of salt and pepper with each serving. After heating, garnish each serving with chopped cilantro and scallions (if using).