

Cleansing Kitchari

If you haven't tried Kitchari, now is the time. The traditional Ayurvedic cleansing meal is perfect for fall. If the ingredients listed aren't readily available or you aren't up to tracking down the spices, you can simply order this kit from Banyan Botanicals and get started. Be sure to plan for a large batch as this simple comfort food can be quite addicting. I like my Kitchari straight up with a simple addition of chopped organic spinach, but feel free to get creative.

Here's a bit on Fall Ayurvedic cleanses, should this recipe spike your interest.

Ingredients

- 1 cup basmati rice
- ½ cup yellow mung dal
- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seed
- 1 small pinch of asafoetida (hing) powder
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 4 thin slices of fresh ginger root
- 2 tablespoons coconut oil or ghee
- 6 cups water
- 1–2 cups chopped frozen or fresh spinach (or other seasonal vegetables)

Directions

1. Wash rice and mung dal, strain, cover again with fresh water and soak overnight.
2. When ready to cook your Kitchari, drain dal and rice, setting aside for the moment.
3. In a medium saucepan warm coconut oil and all spices.

Sauté for one to two minutes until aromatic. Add rice and mung dal and sauté for another couple of minutes. Cover with 6 cups of water, add ginger root and bring to a boil.

4. Once the Kitchari has come to a boil, reduce the heat, cover and simmer until dal and rice are both tender (30–45 minutes). Stir in spinach, add water if needed to reach the consistency of a stew. Additional precooked vegetables can also be added at this time. Salt to taste.
5. Garnish with fresh cilantro and lime (optional).

Enjoy!

Makes 4 servings

Adapted from Banyan Botanicals

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