

Ayurveda Kitchari

Yields

2 Servings

Ingredients

1/2 cup basmati rice
1/4 cup lentils
1 1/2 teaspoons Kitchari Spice Mix (DIY ingredient list below)
1 tablespoon ghee
3 cups water
1 sweet potato
1 cup chopped vegetables (optional)
Cilantro and lime for garnish

Directions

Wash rice and lentils and soak overnight. Drain soak water.

In a medium saucepan warm the ghee. Add the Kitchari Spice Mix and sauté for one to two minutes. Add rice and lentils and sauté for another couple of minutes. Then add 3 cups of water and bring to a boil.

Once the kitchari has come to a boil reduce the heat to medium-low. Cover and cook until it is tender (approx. 30–45 minutes).

If you are adding vegetables to your kitchari, add the longer cooking vegetables, such as carrots and beets, halfway through the cooking. Add the vegetables that cook faster, such as leafy greens, near the end.

Add more water if needed. Typically, kitchari is the consistency of a vegetable stew as opposed to a broth. A thinner consistency is preferable if your digestion is weak. You will notice that kitchari will thicken when it cools and you may need more water than you originally thought.

Garnish with fresh cilantro, lime and add salt to taste.

Notes

The following spices may be used in place of Kitchari Spice Mix:

(This should make about double what you need for the recipe above)

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