



ChayaVeda's Ayurvedic Mung Dal Kitchari
Kitchari is Ayurvedic "comfort" food and the "mac & cheese" of India

1 cup yellow mung dal
1 cup basmati rice
1 ½ inch piece fresh ginger, peeled and chopped fine
2 tablespoons unsweetened, shredded coconut
1 small handful cilantro leaves, chopped
½ cup water
3 tablespoons ghee or coconut oil
½ teaspoon cumin powder
½ teaspoon coriander powder
pinch of asefoitida/hing
½ teaspoon turmeric
¾ teaspoon black pepper
¾ teaspoon pink salt
1-2 cups vegetables, cut into very small pieces
6 ½ cups water

Wash the mung dal and rice well. Soak the mung dal for a few hours, rinse and drain.
In a blender put the ginger, coconut, cilantro and ½ cup water and blend until liquefied.
Heat the coconut oil on medium heat in a large saucepan, pressure cooker or instapot.
Add the powdered spices and sauté, add the blended items and stir well for a minute or two.
Add the vegetables, mung dal, rice and 6 ½ cups of water.
Bring to a boil. Either cook in a regular pot for 25-30 minutes or in a pressure cooker for 7 minutes once it's come to pressure and release pressure with natural release method.

Although *tridoshic*, this kitchari is especially suitable to *pitta dosha*. The cilantro and coconut add to the cooling qualities that *pitta* needs. For *Kapha dosha*, use less oil, for *kapha* and *vata* add ½ teaspoon mustard seeds with the spices and allow them to pop before adding other ingredients.

Traditionally ghee is used for its cleansing and rejuvenating properties, plant based oils can be substituted.