



Organic Mung Beans & Rice / Potatoes “Kitchari”

This is a dish that you may want to try (it's yummy and warms you up from the inside out!) as you are starting to heal your body with food. It is highly digestible, full of protein and complex carbs, and boosts the immune system. It is very quick and easy to make if you just use a few simple ingredients, like organic mung beans or lentils, organic potatoes / yams / sweet potatoes or rice, and sea salt. Everything else (organic olive or sesame or coconut oil, organic cumin, etc.) is a nice addition, but you can make it deliciously also without these.

Kitchari ("mixture" in Hindi) is a traditional Ayurvedic (ancient Indian medical approach) healing dish and there are lots of different ways to prepare it. It makes a super soothing soul food that is very healing and easy to make. See links below for more information on this dish and the benefits of the organic potato. Potatoes and yams are very calming and soothing and are also good for lowering blood pressure and cholesterol.

<https://www.banyanbotanicals.com/info/blog-the-banyan-insight/details/what-is-kitchari-why-we-eat-it-for-cleansing/>

<http://www.caterinamarchese.com/kitchari-featuring-potato/>

The recipe in the second link is far more complex than what I usually make, however. To make my simple version of kitchari - put 2 parts rice or other grain or several whole yams / sweet potatoes / potatoes (washed but unpeeled - most of nutrients are in the peel) and 1 part dried organic whole mung beans in a big pot with a lid. No need to soak the mung beans overnight beforehand, though if you can, they will cook quicker. Add filtered water (enough to cover plus 2-3 inches), cover the pot, bring to a boil, then simmer covered for ~20 minutes until soft. Turn off heat and let sit covered for a few minutes to absorb the extra water and cool down some.

Add some sea salt and sesame / olive / coconut oil and yum!! If you want to add some cumin seed, turmeric powder, chopped fresh ginger root and/or black pepper, it gives it a nice rich flavor, but it is delicious even without it. I can eat different variations of this dish nearly daily for a week or two straight and still very much enjoy it! This dish is served daily in many rejuvenation programs in India, so I figured I might try it at home :)

Enjoy!



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