

## Betty's Kitchari Recipe

Kitchari means a mixture, usually of basmati rice and split yellow mung beans-mung dal. It is a traditional Indian dish that is easy to digest, nourishing and cleansing made of mung dal, basmati rice, ghee, spices to support your dosha and vegetables. .

This is a basic kitchari recipe everyone can enjoy. To cook kitchari to support your dosha, see the modifications on page 3.

Makes 4 Servings

### Ingredients:

- 1 cup yellow split mung beans (mung or moong dal)\*
- 2 tablespoons ghee or organic sesame or olive oil
- 1 teaspoon of each spice: fennel seeds, cumin seeds, turmeric powder, and black pepper
- 1 bay leaf
- 2 green cardamom pods-crushed (or ½ teaspoon ground cardamom)
- 1/2 teaspoon coriander powder
- 1/8 teaspoon of each spice: cinnamon powder , asafoetida\*\* or garlic powder
- 1 cup white basmati rice
- 1 teaspoon freshly grated ginger root
- 4 cups filtered water
- 1-2 teaspoons sea salt or pink Himalayan salt
- 2–3 cups of chopped, organic, seasonal vegetables such as spinach, carrots, sweet potato, celery, kale, or bok choy (see doshic vegetables below)
- Doshic toppings-see below

### Preparation:

- Rinse split mung beans until water runs clear (about 5 times). Soak split mung beans in filtered water for about 20 minutes.
- Using a heavy-bottomed pot, heat ghee on medium heat. If using sesame or olive oil, be careful not to burn since they have lower heating points than ghee.
- Sauté spices for 7 -10 seconds, adding the whole spices first, then after a few seconds, add the ground spices. Be careful not to burn the ground spices.
- Drain split mung beans, then add into pot containing ghee and spices, stir the mixture.
- Add rice, water, fresh grated ginger and chopped vegetables to the pot. Add root veggies and hard portions of veggies to pot first. Reserve the delicate leafy greens such as spinach leaves to cook the last 10 minutes of the cooking time.

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- Bring the mixture to a boil on medium-high heat, then cover the pot and turn the heat down to low, then let it simmer. Add any soft leafy green vegetables towards the end, after about 20-30 minutes of cooking when rice/split mung beans/hard veggies are slightly soft. Stir as needed.
- Then continue cooking until rice, split mung beans and hard vegetables are soft. (total cooking time is approximately 30- 45 minutes).
- May add additional warm filtered water as needed to prevent scorching. The consistency should be that of a thick vegetable stew.
- Add toppings such as tamari or coconut aminos, seeds, extra freshly grated ginger, fresh herbs -cilantro or parsley, or fresh squeezed lemon juice. Add additional salt and black pepper to taste.
- See below for doshic specific recommendations. Enjoy!



## Kitchari variations to support your dosha:

### Vata

- Use extra of ghee or oil to increase moisture.
- May add a pinch of cayenne pepper to increase warmth.
- Increase freshly grated ginger to 2 teaspoons to increase warming quality
- Add 1-2 cloves
- Use extra rice: 1.5 cups, and increase water to 4.5 cups
- May add full fat organic coconut milk: add 15 oz of coconut milk and decrease water to 2 cups.
- Best veggies for a vata dosha are root vegetables such as carrots, sweet potatoes, beets; squashes-butternut – acorn-pumpkin-zucchini, peas, asparagus.
- Toppings: avocado, seeds: sunflower-pumpkin-hemp hearts-sesame, fresh herbs such as parsley, basil, cilantro, tamari or soy sauce, or Bragg's aminos or coconut aminos, ghee, fresh lemon juice

### Pitta

- Use half the amount of black pepper.
- Increase ground coriander to 1 teaspoon and fennel seed to 1.5 teaspoon.
- May add coconut milk: add 15 oz of coconut milk and decrease water to 2 cups.
- Best veggies for a pitta dosha are dark leafy greens, dandelion greens, celery, asparagus, squash-zucchini-acorn-butternut, carrots, parsnips, parsley
- Toppings: avocado, seeds: sunflower-pumpkin-hemp hearts-sesame, fresh herbs such as parsley, cilantro, sunflower micro-green sprouts, unsweetened coconut flakes, tamari or Bragg's aminos or coconut aminos, fresh lime juice

### Kapha

- Decrease ghee or oil in half.
- May use brown basmati rice quinoa, millet, or amaranth instead of white basmati rice
- Add extra freshly grate ginger to 2 teaspoons.
- Add a pinch of cayenne, 1 teaspoon brown or black mustard seed, 1-2 cloves
- Increase black pepper
- May add long pepper (pippali)-1 teaspoon
- Decrease salt by half
- Best veggies for a kapha variation are leafy greens, Brussels sprouts, cauliflower, asparagus, and celery.
- Toppings: minced fresh ginger, lemon juice, small amount of tamari or Bragg's aminos, mustard micro-greens,



To change the texture of your kitchari consider these options :

- Cook yellow split mung beans (dal) in the same way as above, but cook the rice separately. This will give you a soupy dal to add to your rice, which is better formed and not as mushy.
- Change the proportions of dal and rice. Add more dal and less rice for a heavier, protein-rich kitchari. Add more rice and less dal for a lighter, easier to digest kitchari.
- Play with the amount of water. Adding more water (to the point that it is like a thin soup) is ideal for very weak digestion. Less water can give you a more solid dish that is heartier and more filling.
- Try a variety of grains and try using whole mung beans
  - whole mung beans (green)-be sure to soak 24 hours before cooking to ensure they will get soft.
  - Alternative grains for the doshas:
    - Vata: quinoa, amaranth, all rice including brown basmati rice and all brown rice;
    - Pitta: amaranth, barley, quinoa, white basmati rice;
    - Kapha: amaranth, barley, quinoa, millet, brown rice-brown basmati rice

\*split mung beans- mung dal: Often the yellow split mung beans that are available in Asian grocery stores are dyed with yellow food coloring. Be sure to purchase undyed split mung beans and organic is best.

\*\*Omit asafoetida if you have a latex allergy. Asafoetida is an Indian spice that is made from the dried sap of the roots from the Ferula Asafoetida plant. Asafoetida is used as a spice to help with gas and bloating and to support vata and kapha doshas.

