

Kitchari

Adapted from: Erinn Butulos

Prep time: 10 minutes /
3 hours (if soaking beans)

Cook time: 20 minutes

Total time: 30 minutes / 3 hours 20 minutes

Serves: 4-6



Ingredients

1 cup basmati rice, rinsed
1 cup split yellow Mung beans, soaked for 3
hours and rinsed
4 cups chicken or vegetable stock
¼ tsp. cinnamon
¼ tsp. coriander
¼ tsp. turmeric
¼ tsp. cardamom
¼ tsp. salt
1 tbsp. oil of choice

For Spice Blend:

2 tbsp. shredded coconut
1 piece ginger
½ cup cilantro

Toppings:

1 tomato, diced OR
1 cup pepper, dice
½ cup cilantro
protein of choice (egg, chicken, or meat)
(optional)

Instructions

1. Brown spices in oil.
2. Add rice, Mung beans, and stock.
3. Bring to a boil, then reduce to simmer for 20 minutes.
4. Add spice to blend. Note: You can emulsify in a blender, or hand mince.

5. Top with tomato, pepper, additional cilantro, and protein. Enjoy!