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Glenda's Kitchari for One

Kitchari is at the core of Ayurvedic nutritional healing. They are a relatively simple stew of basmati rice and split mung dal which are suitable for almost every dosha.

Kitchari's takes on endless variations depending on the herbs, spices and vegetables used in them.

Kitchari is given to people who need to support their health, to the elderly and to babies because it is so gentle.

Kitchari is easy to digest, it strengthens the digestive fire and flushes out toxins when eaten regularly.

Due to the easy to digest qualities this is the most recommended meal during sickness, chronic illness, weakness, digestive issues and detoxification.

Ingredients

- $\frac{1}{4}$ cup white basmati rice
- $\frac{1}{4}$ cup split yellow mung dal
- $\frac{1}{4}$ teaspoon cumin seeds
- $\frac{1}{4}$ teaspoon fennel seeds
- $\frac{1}{4}$ teaspoon brown mustard seeds
- $\frac{1}{4}$ teaspoon turmeric root powder
- 1 or 2 cinnamon sticks (optional)

1 pinch of hing powder (asafoetida)
1 teaspoon ghee (or coconut oil)
2 cups boiling water
1-2 cups diced vegetables of your choice - this is also optional
(carrots, baby marrow, peas, green beans)
Onion and/or garlic (optional)
Fresh parsley or dhania chopped (coriander/cilantro)
 $\frac{1}{2}$ teaspoon salt
Pepper to taste

Method

Rinse rice and mung dal thoroughly in a colander and drain. (you can soak the dal for a few hours for better digestibility)

Melt ghee in a pot, when hot add cumin, mustard and fennel seeds, saute until seeds start to pop. Be careful not to burn the seeds.

If using onion and garlic, add, saute briefly.

Add turmeric and hing and stir. It will burn quickly, so immediately add rice/dal and stir.

Add the 2 cup of boiling water and the salt and pepper.

Boil for 5 minutes then add the chopped vegetables. Cover and simmer for about 30 minutes on a low heat. Keep an eye on the pot and add water if necessary. The final result should be somewhat soupy.

Just before serving sprinkle with the chopped parsley or dhania.