

KICHARI

A nourishing, one-pot meal that is detoxifying and balancing...

Balances all three doshas. Helps detoxification and is very easy to digest.

Wash well:

- ½ cup basmati rice
- ½ cup sprouted mung beans

Put in a medium saucepan with:

- 4 cups pure water (or more)
- 1 tsp – 2 Tbsps grated fresh ginger root
- 1 bay leaf
- Pinch of hing or epazote
- ¼ tsp cumin seeds
- ½ - 1 tsp coriander seeds
- 1 heaping tsp dried oregano leaves

Bring to a boil, then reduce heat to medium. Cover and cook. Or cook uncovered, adding more water as needed. While the beans and rice are cooking, wash and chop:

- 2 carrots, diced
- 1 tender zucchini and/or yellow squash, diced
- ½ cup broccoli, chopped
- 2 Tbsps parsley, chopped
- 1 clove garlic, minced (optional)

Add the diced carrot immediately to the cooking mung and rice. Put the zucchini, squash, broccoli, parsley and garlic in after the kichari has cooked for a half hour or so. When all the ingredients are tender and done, take the pot off the heat and add:

- 1 Tbsp ghee or extra-virgin olive oil (optional)
- Salt to taste

Stir. Can be served with:

- Fresh chopped cilantro leaves as a garnish on top

(Adapted from [Ayurvedic Cooking for Westerners](#), Amadea Morningstar)



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