

## Ayurveda Kitchari Recipe

(adapted from Kate O'Donnell's book, [Everyday Ayurveda Cooking for a Calm, Clear Mind: 100 Simple Sattvic Recipes](#))

### **Ingredients:**

*6 cups vegetable broth*  
*1 cup basmati rice*  
*1/2 cup yellow split mung beans, soaked overnight or at least a few hours*  
*1 tsp ground coriander*  
*1 tsp ground cumin*  
*1/2 tsp ground turmeric*  
*pinch of hing*  
*1 inch of fresh ginger, grated*  
*1 carrot, chopped into half inch dice*  
*1 potato, chopped into half inch dice*  
*1 cup collards greens, coarsely chopped into strips*  
*1/2 to 1 tsp salt*

### **for the tempering (optional):**

*1-2 Tbsp ghee*  
*1/2 tsp cumin seeds, whole*  
*1/2 tsp coriander seeds, whole*  
*1/2 tsp fennel seeds, whole*

In a large saucepan, boil 6 cups of the water on high heat.

Rinse the rice and mung beans until the water runs clear. Add them to the boiling water along with the ground coriander, cumin, turmeric, ginger, and vegetables. Keep on high heat until the liquid boils again. Immediately turn the heat down and simmer, partially covered, for 35 minutes without stirring.

Tempering: warm ghee in a small skillet on medium heat. Add the whole cumin, coriander and fennel seeds and cook until the seeds pop, about 2 - 3 minutes. Remove from the heat, and pour over the kitchari.

Add the salt, stir well, and let stand, covered, for a few minutes.