

When to eat Kitchari:

During acute illness, like cold or flu. When you're stressed out or overwhelmed. During times of grief. During menstruation. When you need a healthy recipe to share with family or friends. The change of seasons. As a mono-diet, once per week, or over a guided course of cleansing to improve digestion and cravings. During intense spiritual practice. When shifting your diet to vegetarian and or gluten free - it's a complete protein. When you're experiencing seasonal allergies. Food sensitivities.

<p>Summer Masala Kitchari</p> <p>½ c. Whole, green mung beans ½ c. White basmati rice 1 or 2 golden beets ½ bunch fresh greens (Kale, chard, etc) ¼ c. coconut ½ bunch chopped cilantro 2 T ghee (or coconut oil) 1 tsp coriander 1 tsp fennel 1 or 2 tsp turmeric 1 T fresh ginger salt fresh lime to squeeze</p>	<p>Soak your beans overnight if possible. Bring beans to a boil over med-high heat in 3.5 cups of water. Scrape foam, if necessary, then add chopped ginger and the coconut after the beans have been boiling for 10 minutes or so. Continue boiling, stirring, for another 10 minutes, until beans begin to break down a bit. Add chopped golden beets, and all spices except salt, and continue cooking for another 10 minutes. When beets are soft, and beans broken down, shut off the heat and add chopped greens and cilantro. Then add salt to taste, and finally stir in the oil or ghee. Serve with fresh slices of lime, and perhaps more cilantro and coconut on the side. <i>Prepare rice in a separate pot, as you normally would.</i></p>
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<p>Autumn Blend Kitchari</p> <p>½ c. Split mung beans ½ c. White basmati rice 1 clove garlic (optional, not sattvic) 2 carrots ½ sweet potato 1 or 2 golden beets 1 tsp cumin ½ tsp cinnamon 1 or 2 tsp curry powder 1 or 2 T fresh ginger salt black pepper 2 T ghee chopped fresh parsley</p>	<p>Rinse both beans and rice, add fresh ginger, then bring to a boil in about 6 cups of water over med-high heat. Remove foam after about 5 minutes. Cook 5 minutes more, stirring, then add carrots, beets and sweet potato, along with all spices except salt and parsley. Continue to cook over med-high heat, stirring all the while. If the kitchari begins to stick, lower the heat. Cook until beans break down, and veggies are done. Feel free to add more water. Turn off heat, add salt to taste, then stir in parsley and ghee. Fall kitchari can be more soupy, making it even easier to digest - more like soup. Squeeze fresh lime to serve.</p>
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