

Cherise's recipe for Kitchari for two:

1/2 cup organic split yellow mung beans
(or whole green mung beans)
Yellow beans are more porridge like
1/2 cup organic white basmati rice
3 and 1/2 cups spring water
1/2 inch slice of organic fresh ginger
1 teaspoon organic fresh turmeric powder
1 teaspoon of organic coriander powder
1 teaspoon of organic cumin powder
2 tablespoon of organic Ghee (clarified butter),
olive oil or canola oil
2 pinch sea salt
2 organic lime wedge (optional)
1/2 cup of fresh chopped organic cilantro leaves
(coriander)

Bring water to a boil in a pot, add rice, beans, ginger and salt. Cover and simmer on low for 30 minutes until tender with porridge-like consistency. In sauce pan, saute spices in ghee for a minute, then mix into rice and beans. You can add steamed veggies about 5 min before kichari is ready so to not over cook veggies. Top with cilantro and lime.