

# Recipe Details

Moong Dal Khichdi is a complete meal in itself. Made with rice and lentils, khichdi is healthy, wholesome and good for you! It can be made vegan by replacing the ghee with oil.

## Instructions

Take 1/2 cup rice and 1/2 cup moong dal in a bowl. Soak it in enough water for 20 minutes. After 20 minutes, drain the water and set aside.

Add the rice and dal to a pressure cooker and add around 3.5 to 4 cups water. Add salt, turmeric powder and asafoetida and pressure cook on high heat for 5-6 whistles. The rice and dal will cook and be very soft and mushy, set aside.

### **Moong Dal Khichdi Recipe-Step-1**

To another pan on medium heat, add ghee and oil. You may use only oil to keep it vegan.

Once the oil & ghee is hot, add cumin seeds and mustard seeds. Wait till cumin seeds start sizzling and mustard seeds pop up.

Add chopped ginger and green chili. Saute for 30 seconds or so or till ginger starts turning light golden brown in color.

### **Moong Dal Khichdi Recipe-Step-2**

Add chopped tomatoes and green peas. Cook for 2 minutes, you don't want the tomatoes to get too mushy.

Add the cooked rice and dal to the pan.

Mix till well combined, add salt and adjust to taste.

### **Moong Dal Khichdi Recipe-Step-3**

Garnish with cilantro and serve the moong dal khichdi with some extra ghee on top.

Also it's usually served with some papad, achar (pickle) and yogurt on the side.