



Better Health through Digestion with an Ayurvedic Diet

Mung Dal, Coconut & Cilantro Kitchari (pitta Reducing)

Reported by John Joseph Immel, Asheville, NC



Type: Beans-Legumes
Meal: Lunch-Dinner
Servings: 4
Prep Time: 10 minutes
Cook Time: 60 minutes

ayurvedic notes

Although tridoshic, this kitchari is especially suitable to Pitta. The cilantro and coconut add to the cooling qualities that Pitta needs.

about

Ayurvedic kitchari's are India's chicken soup and the congee equivalent of Chinese medicine. This kitchari includes cilantro and coconut and is adapted from Dr. Lad's book Ayurvedic Cooking for Self Healing.

ingredients

1 c	Basmati Rice
1/3 c	Cilantro
1/3 c	Coconut Flakes
2 tbsp	Ghee
3/4 inch	Ginger (Fresh)
1/2 c	Mung Bean
1/4 tsp	Salt (Mineral Salt)
1/2 tsp	Turmeric
6 c	Water

Weights & measures



preparation

Wash the mung dal and rice separately. Soak the mung dal for a few hours if you have the time, then drain. Put the ginger, coconut, cilantro and the 1/2c water into a food processor and blend until liquefied. Heat the ghee on medium in a large saucepan and add the blended items, turmeric and salt. Stir well and bring to a boil to release the flavor. Next mix in the rice, mung dal and the six cups of water. Return to a boil. Boil, uncovered, for five minutes. Then cover, leaving the lid slightly ajar. Turn down the heat to simmer and cook for 25-30 minutes, until the dal and rice are tender.

* These statements have not been evaluated by the Food and Drug Administration. The

information and products on this website are not intended to diagnose, treat, cure or prevent any disease.

© 2012 Joyful Belly, All rights reserved. john@joyfulbelly.com Asheville, North Carolina