

Vata Dosha Kitchari

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Prep: 10 Cook: 30 Rest: 0 Servings: 2

Ingredients

- 1 cup ▸ Mung Beans
- 1 tsp ▸ Turmeric
- 4 cup ▸ Water
- 1 tbs ▸ Ghee or Coconut Oil
- 1 tbs ▸ Ginger
- 1 tsp ▸ Cumin
- 1 pinch ▸ Salt (optional)
- 1 cup ▸ Basmati Rice
- 1 tsp ▸ Coriander

Instructions

1. Rinse rice and beans

Rinse the basmati rice and mung beans thoroughly under cold water.

2. Combine ingredients

Add the rinsed rice and mung beans to the pot. Stir to coat with the spices and oil.

3. Simmer

Pour in 4 cups of water. Bring to a boil, then reduce heat to low, cover, and simmer for 25 minutes, or until the rice and beans are tender. Stir occasionally to prevent sticking. Add salt to taste if desired.

4. Sauté aromatics

Heat ghee or coconut oil in a pot. Add ginger, turmeric, cumin, and coriander. Sauté for 1 minute until fragrant.

Source: https://youtu.be/HP_dAPqyrnU?si=bFGlZvod46YQfT3x