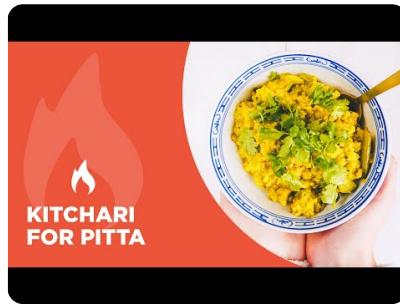


Pitta Dosha Kitchari

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Prep: 15 Cook: 45 Rest: 0 Servings: 2

Ingredients

- 6 cup ▸ Water
- 1 tsp ▸ Fennel Seeds
- 1 tsp ▸ Turmeric
- 1 tbs ▸ Ghee or Coconut Oil
- 1 cup ▸ Basmati Rice
- 1 inch ▸ Ginger
- 1 tsp ▸ Salt (optional)
- 1 cup ▸ Green Mung Beans
- 1 cup ▸ Burdock Root
- 1 tsp ▸ Cumin

Instructions

1. Bring to a boil

Bring the mixture to a boil over medium-high heat. Tip: Stir occasionally to prevent sticking.

2. Rinse and combine ingredients

Rinse the mung beans and rice thoroughly. Combine all ingredients in a pot.

3. Simmer

Reduce heat to low, cover, and simmer for 30 minutes, or until the beans and rice are cooked through and the liquid is absorbed. Stir occasionally.

Source: <https://youtu.be/DQL9gQUmN3E?si=AWRwWWuesxY7UtGH>