

Khichadi or Mung Bean and Basmati Rice Stew

Khichadi is the easiest solid food to digest

Ayurveda offers khichadi, a recipe that is vital to learn when embarking on a Yogic path. This recipe is used in Ayurvedic cleansing therapies as a way to address the digestive fire, metabolism and gut juices of the body. This digestive medicinal food is best done as a mono fast (fasting only on khichadi and veggies and spices) for 3 to 10 days. Include medicinal teas such as barks, roots, leaves and spices to support seasonal cleansing. Remember to use organic or highest quality foods found locally.

Ingredients

1/2 cup basmati rice

1/4 cup split mung beans

3-4 cups water

2-3 teaspoons ghee or olive oil

1/4 teaspoon mustard seeds, 1/4 teaspoon fenugreek seeds

1/2 teaspoon cumin seeds

1 pinch red chili or cayenne pepper

1 teaspoon freshly grated ginger

1/4 teaspoon asafoetida powder (also known as hing)

1/4 teaspoon turmeric, salt to taste

2 cups chopped vegetables in season

4-5 stems cilantro, washed and chopped

1/2 cup spinach, kale, chard greens, chopped.

1-2 teaspoon dry shredded coconut

1 teaspoon lemon juice or liquid aminos

Preparation

Rinse mung beans and rice a few times and set aside. In a pot, heat the ghee or oil on medium heat and add mustard seeds, fenugreek seeds, cumin seeds, hing, turmeric, red chili, and ginger in this order and saute' for 1 -2 minutes. Add the mung beans, basmati rice, and vegetables then add 6 to 8 cups water and salt. Bring to boil and then turn the heat low. Cook about 30 or 40 minutes or until the

mung beans are soft. Took with cilantro leaves, coconut and greens, add fresh lemon juice at the end and stir nicely. Preparation time is 45 minutes.