



55
MINUTES



3-4
SERVINGS

Kitchari

GOODBYE TOXINS!

Clean out the Toxins and Boost Immunity with an EASY and gentle Cleanse that does not require suffering through cravings and hunger pangs!

This is a gentle and effective mono-diet that removes the toxic build up in the intestinal lining, improves digestion, optimizes absorption of nutrients and improves the health and functioning of the immune system.



SHOPPING LIST

- Split Yellow Mung Beans or Sprouted Mung Beans
- White or Brown Basmati Rice (white is easier to digest; brown has more fiber)
- Coriander Seeds
- Fennel Seeds
- Cumin Seeds
- Turmeric Powder or Fresh Turmeric Root
- Ground Cardamom
- Fresh Ginger Root
- Ceylon Cinnamon Sticks
- Unsweetened Coconut Flakes
- Bay Leaf
- Fresh Cilantro
- Fresh Kale or Spinach
- 2 Lemons
- Coconut Oil
- Organic Low Sodium Vegetable Broth (or homemade)
- Fresh Vegetables (choose 2-3, avoid nightshades)



INGREDIENTS

- 1/2 Cup Split Yellow Mung Beans soaked overnight (or already sprouted mung beans)
- 1/2 Cup Rice
- 1 Tablespoon Coconut Oil
- 3 Cups Vegetable Broth
- 1/2 tablespoon of Fresh Grated Ginger
- 2 tablespoons of Unsweetened Coconut Flakes
- 1/2 cup of Spring Water
- 1/2 tsp Cumin Seeds
- 1/2 tsp Coriander Seeds or Powder (seeds have a very strong flavor, I like it, some don't)
- 1/2 tsp Fennel Seeds
- 1/2 tsp Turmeric Powder or 1 tsp of Fresh Grated Turmeric Root
- 1/4 tsp Ground Cardamom
- 1 Bay Leaf
- 1 Cinnamon Stick
- 1-2 tsp Mineral Salt to Taste
- 1/4 Cup Fresh Cilantro
- 1-2 wedges of Fresh Squeezed Lemon or Lime (to taste)
- 2 Kale Leaves, stems removed, torn into bite sized pieces or a handful of fresh spinach leaves
- Optional: 1-2 cups of chopped vegetables of your choice

DIRECTIONS

1. Rinse the rice and mung beans and set aside.
2. In a small glass or measuring cup mix the grated ginger with the coconut flakes and water and set aside.
3. Using a 3-quart pot melt the coconut oil over medium heat. When the oil is hot add the cumin, coriander, fennel, turmeric and cardamom to the pot and cook until sizzling and fragrant (1-2 minutes).
4. Now add the ginger and coconut mixture along with the bay leaf and cinnamon stick and cook for 2 minutes.
5. Now add the rice, mung beans and vegetable broth and bring to a boil.
6. Once you have a good rolling boil going you can add your chopped vegetables (optional).
7. Bring back to a boil, reduce heat to low and cover with a lid. Set timer for 30 minutes.
8. Now is the time to prepare your vegetables if you are serving them on the side.
9. Check your Kitchari occasionally and add extra water if needed. If you want a more soup like consistency you may need to add more liquid. Otherwise it should be more like a porridge consistency.
10. After 30 minutes stir in the salt and taste to see if your rice and mung are soft. If you used white rice and sprouted mung beans your dish should be just about done. If you used brown rice and split mung beans, you may need to cook another 10 minutes.
11. Now add your chopped kale or spinach and cook for another 5-10 minutes.
12. Lastly, top with fresh cilantro and squeeze of lemon or lime juice and serve.

