

Brodie's Kitchari Recipe

A super-healthy, Ayurvedic one-pot meal, perfect for the change of the seasons, when digestion is weak, or when you want to detoxify. Nearly all the herbs are digestive helpers, the quinoa and mung are both great vegetarian protein sources, and the mung dal helps detoxify the body.

Prep time: 5 min Cooking time: 25 min

1-2 TB ghee (clarified butter; coconut oil would work well too)
1 tsp cumin seeds
1 tsp yellow mustard seeds
1 pinch hing / (aka asafetida – don't get hung up on this if you can't find it)
1 tsp. salt
1 tsp. turmeric
1.5 tsp. coriander powder
1 tsp. fennel seeds
7 cardamom pods
1 bay leaf
4 2-inch slices fresh ginger
1 cup quinoa (use white basmati if your digestion is weak)
1 cup split yellow mung dal
2 small zucchini (broccoli stems work great too)
½ a yam or 2 carrots
6 cups water

In a saucepan, melt the ghee or coconut oil on medium heat.

Add the cumin and mustard seeds. When they pop, add all the other spices, stir for a minute. Add everything else, bring to a boil. Turn down to simmer, 25 minutes. take off heat and let it sit 5 more minutes.

Garnish with a little lime juice, Bragg's liquid aminos, coconut aminos, tamari, shredded coconut, raisins, cilantro, chutney, ghee -- whatever you like.

A bunch of steamed greens like chard or kale are a great accompaniment if you want to expand your prep time to 10 minutes. :)

