



YELLOW MUNG KITCHADI



Tags: [Fall](#), [Pitta](#), [Spring](#), [Summer](#), [Travel](#), [Vata](#), [Winter](#)

Prep Time: 20 Min

Cook Time: 40 Min

Serves: 6

Directions:

1. In separate containers, soak mung beans and rice for several hours. This supports absorption and digestion.
2. Wash the rice and beans until the water is clear.
3. In a large saucepan, melt 3 tbsp of ghee over medium heat, add the ginger, cumin and mustard seeds, lightly saute until the seeds pop but do not burn.
4. Add the rinsed mung beans, remaining spices and salt. Combine and saute for about 2-3 minutes until a good aroma of the spices fills the air and the beans have soaked up the ghee.
5. Add the water and bring to a boil. Turn down the heat to a simmer and let simmer for 5-8 minutes.
6. Add the rice and combine well. Cover with the lid slightly ajar and let cook at a low simmer until



most of the water is absorbed. Meanwhile, melt the remaining tbsp of ghee in a saute pan and saute your veggies until fork tender.

7. Add your cooked vegetables to the rice and mung mixture and turn off the heat.
8. Once its in your bowl, top with lime!do not cook on high heat to 'cook faster' as it will become mushy.
9. I like to throw in a few dashes of my favorite spices into the ghee before I saute the veggies. You could also simply steam the veggies.
10. Adding toppings to your kitchadi is fun! My favorites include: lime, dry roasted sunflower/pumpkin seeds, toasted shredded coconut, avocado, fresh herbs like cilantro or basil.
11. I also enjoy keeping a container of chopped mixed greens such as chard or kale in the refrigerator and adding a handful when I reheat my kitchadi.

Ingredients:

1 C basmati Rice
1 C yellow split mung beans
2 C of chopped seasonal vegetables – I love carrots and chard with this one
4 tbsp of ghee
3 tsp black mustard seeds
1 inch piece of ginger, peeled and grated
3 tsp cumin seeds
1 pinch of black pepper
1/2 tsp of cinnamon
1 tsp fennel
1 tsp coriander
1 tsp turmeric
½ tsp Salt
4 cups of water
lime for taste

A staple of an Ayurvedic diet, Kitchadi, meaning mixture, combines savory basmati rice, nutritious mung beans, healing spices, and seasonal vegetables for a light and flavorful dish.

Mung beans are a staple legume in an ayurvedic diet and the essential ingredient in kitchadi. Mung beans contain about 14 grams of protein per cooked cup, making kitchadi one of the best dishes for



vegetarians! Kitchadi is loaded with calcium, iron and made with ghee (clarified butter) provides the right amount of healthy fats. It builds healthy tissues and supports strong immunity. Kitchadi is easy to digest and beneficial for those suffering from an illness, cold/flu, digestive imbalances, or in need of digestive reset after travel or holidays. As the saying goes, "food is medicine" and no doubt you will feel the healing qualities when you add freshly cooked kitchadi to your diet.

You can use organic green mung to make your kitchadi, however, you will need to sprout the mung first for it to be easily digestible. Obtaining organic split yellow mung beans is not an easy local find. I purchase most of my grains and legumes in bulk from Ferris Organic Farm. Legumes can spoil just like your milk so it's important that you choose a good source where the bulk is constantly being rotated.