

“Simple Khichari (Rice and Lentils Stew)”

Nutritious, gluten-free and optionally vegan recipe by Divya Alter, Bhagavat Life

(bvtlife.com)

Servings: 4.

Time: 10min prep (+soak time); 40min cook.

Ingredients

Stew:

- 1 c yellow split mung dal (alt.: red lentils or chana dal / chickpeas / garbanzo beans)
- 1 c basmati rice (alt.: quinoa)
- ½ tsp turmeric
- 1 tsp ground fennel seeds
- 1 Tbs ghee [clarified butter; dairy-free alternatives incl. sunflower, sesame, or coconut oil]
- 6 fresh curry leaves (alt.: 2 bay leaves)
- 1 tsp grated, fresh ginger (optional)
- 1 pinch ea. cumin and coriander (optional)
- 1 c diced vegetable (optional) [dosha appropriate, or sugg.: daikon radish, carrots, asparagus, taro root or loki squash [or whatever is in season or available at your local farmers market!]]
- 4-5 c water

Dressing:

- 1 tsp salt
- 1 Tbs extra virgin olive oil
- ½ c fresh cilantro, chopped (alt.: basil, dill, or parsley)
- ¼ tsp freshly ground black pepper

Garnish:

- 1 slice lime (optional)

Steps

1. Soak the mung dal or red lentils for at least 30 minutes, and the chickpeas for at least 4 hours (longer is OK).
2. Wash (rinse) the soaked legumes well and drain.
3. Wash (rinse) the rice or quinoa well and drain.
4. Put the rice and dal in a heavy, 4L/qt saucepan (or crockpot) with the water and bring to a full boil. Remove any froth from the boiling surface (*Tip*: this reduces gassiness, especially for sensitive stomachs).
5. Add the ghee, kitchari spices incl curry or bay leaves, and opt. vegetables to the pot. Bring to a full boil, and then reduce the heat to simmer.
6. Cover and cook slowly, stirring occasionally, for about 40 minutes or until the dal and rice are soft and the vegetables are cooked. (*Tip*: If the kitchari begins to dry out too much and stick to the bottom of the pot, add more water.)
7. Turn off the heat and add the dressing ingredients and mix well. Serve hot and enjoy!
8. Optional: After the kitchari's cooled a bit, squeeze the juice from a lime wedge onto it.