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## – Spring Kitcheree –

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serves: 4 ♦ This recipe is Kapha-balancing.

### Ingredients

1 c. mung dal	3 bay leaves
½ c. rice	6–8 c. water (soupier is easier to digest)
1 Tbsp. fresh ginger root, grated	rock salt & black pepper to taste
1 Tbsp. ghee	1 c. chopped cilantro (for garnish)
1 tsp. each black mustard seed, cumin seed, fenugreek seed	lime slice (for garnish)
1 tsp. each coriander, fennel and turmeric powder	shredded coconut (for garnish)
1 pinch hing	

### Directions

Wash the split yellow mung and rice together until the water runs clear.

Heat a large pot on medium heat, and melt the ghee in it.

Add all of the spices (except the bay leaves) and roast for a few minutes. Add the dal and rice and stir again. Add the water and bay leaves and bring to a boil. Boil for 15 minutes on medium heat.

Turn the heat to low, cover the pot, and continue to cook until the dal and rice become soft (30–40 minutes). Add salt to taste. Garnish with cilantro, lime, and/or shredded coconut.

\*For weak digestion, gas, or bloating: soak your beans overnight. You may also turn the stove burner heat to low to prolong cooking time.



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