

AUTUMN KITCHARI

Ingredients

- 1 cup white basmati rice
- 1 cup yellow split mung beans
- 6-8 cups water, based on desired soupiness
- 1/4 tsp each ground ginger and crushed black pepper
- 1/2 tsp ground mustard
- 1 tsp ground turmeric
- 1-2 tsp each ground coriander and fennel seed
- 3/4 c chopped hearty veggie (e.g., butternut, sweet potato)
- 3/4 c chopped light veggie (e.g., kale, zucchini, spinach)
- 2 tsp pink or rock salt
- 2 Tbsp coconut oil, ghee, or olive oil
- 1 small lime, juiced

Instant Pot Instructions

- Rinse rice and mung beans thoroughly
- Add water, rice & mung, spices and hearty veggie to Instant Pot, close lid and set the vent to sealed position
- Start the Instant Pot to pressure cook for 6 mins.
- Once cooked, carefully vent Instant Pot, and remove lid
- Add light veggie, salt, oil, and lime juice



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