

AUTUMN KITCHARI

Ingredients

- 1 cup white basmati rice
- 1 cup yellow split mung beans
- 10-12 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

Stovetop Instructions

- Rinse rice and mung beans thoroughly
- Bring water to boil on stovetop, add rice & mung
- Reduce to simmer, add spices and hearty veggie, and cook 30-35 mins.
- Add light veggie or save for last, cook 5-10 mins. more
- Once desired texture is reached, turn off stovetop
- Add salt, oil, lime juice, and light veggie if not earlier



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