



Madhavi Rao, CNMT, RYT
Board Certified Nuclear Medicine Technologist
RYT Certified Yoga Teacher
Certified Integrative Health & Well-Being Coach
Certified Yoga Coach
www.pranahealthpc.com
madhavi@pranahealthpc.com

KITCHARI RECIPE

Ingredients:

1 cup mung beans or mung bean dahl
1 cup basmati rice
1 tsp salt
¼ cup ghee (clarified butter)
1 onion
1 tbsp turmeric
1 tsp cumin seed
¾ tsp ajwain seed (Ajowan caraway)
¼ tsp red chili flakes
2 small packages of mint
2 small ripe tomatoes
Braggs Aminos to taste

Directions:

Soak mung beans. Put mung beans and rice in pressure cooker with 8-9 cups of water. Cook according to pressure cooker settings. Heat ghee in a separate pot on stove. When hot, add cumin, ajawain and turmeric and chili flakes. Let seeds pop then add finely chopped onion and salt. Cook until soft. Add chopped tomatoes and cook for 10 minutes then add mint. After rice and mung beans cooked add the ghee mixture and Braggs to taste and mix. ENJOY ☺