

Simple Mung Bean & Rice Stew (Kitchari-Style)

Ingredients

- 4½ cups water
 - ½ cup whole mung beans
 - ½ cup basmati rice
 - 1 onion, finely chopped
 - 3 cloves garlic, minced
 - ¼ cup finely minced fresh ginger
 - 3 cups chopped vegetables (carrot, zucchini, greens, cauliflower, etc.)
 - 2 tablespoons ghee or neutral oil
 - ¾ tablespoon turmeric
 - ¼ teaspoon dried crushed red chilies
 - ¼ teaspoon ground black pepper
 - ½ teaspoon ground coriander
 - ½ teaspoon ground cumin
 - ½ teaspoon salt
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Instructions

1. Rinse the mung beans and rice thoroughly until the water runs clear.
 2. Bring the water to a boil in a large pot. Add the mung beans and simmer until they begin to split, about 20–25 minutes.
 3. Add the rice and continue cooking for about 15 minutes, stirring occasionally.
 4. Add the chopped vegetables and cook until everything is soft and gently creamy.
 5. In a separate sauté pan, heat the ghee or oil over medium heat. Add the onion, garlic, and ginger, and sauté until soft and translucent.
 6. Add the turmeric, red chilies, black pepper, coriander, cumin, and salt. Stir constantly for about 5 minutes, adding a splash of water if the spices begin to stick.
 7. Stir the spiced onion mixture into the pot with the rice and mung beans. Simmer together for a few more minutes to fully combine flavors.
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Notes

- Vegetables are very flexible—use whatever is seasonal or on hand.
- You may substitute Bragg Liquid Aminos, tamari, or soy sauce for the salt if desired.
 - Delicious served warm with a spoon of yogurt on top.
- Texture can be adjusted with extra water for a soupier consistency.