

## **Kichari: the original Yoga Food**

4-6 servings

1 c. Basmati Rice

½ c. mung dahl (Split mung dahl is yellow color and can be purchased at Asian and Indian groceries. If it has added coloring, rinse double well in cold water)

Optional, 1 c steamed vegetables of your choice

1 tsp each as you like, whole or powdered: cumin seed, fresh ginger, fennel seed, coriander, turmeric, mineral or sea salt.

1 Tbsp ghee

Fresh cilantro (optional)

Note: you can use brown rice.

Cook the rice and dahl together with 6 c. water (this will make it soupy, you can play with the amount). White rice takes about 20 min. On the side, roast the spices in ghee (except turmeric, you just add this one to boil) a few minutes, until you can smell them. Don't burn your spices. Now add the spices to the grains. If the veggies steam quickly you can throw them in with the grains and spices, stir with fork and cover for the last 5 minutes of grain time. If they are longer cooking, cook them on the side and add in with the spices for the last 5 minutes. It won't be fluffy like rice, it is a soupy mush. In a good way!  
You are done! This should be enough for 3 or 4 meals. Cool it and pack it up to take with. If you are hungry, eat it, as much as you like.