

JULES' KITCHARI RECIPE

Servings 6- 8ish | Prep Time 30 -40 mins

** I use my slow cooker for this recipe but you can also use a large pot on your stove top or even a pressure cooker. Cooking time will vary – but for the slow cooker – on High heat – 4 hours or until everything is cooked – like a porridge.

INGREDIENTS

2 tablespoons of Ghee (or coconut oil)

1 cup brown Basmati Rice

½ cup Quinoa

½ cup Moong Dahl (or mung beans)

¼ cup of green split peas

2 tablespoons fresh chopped ginger

1 teaspoon of black pepper

1 dessert spoon each (approx.) of

Turmeric powder, Cumin seeds, Fenugreek seeds, Fennel seeds, Mustard seeds, cinnamon powder (or 2 cinnamon sticks). Cardamon pods optional (or cardamon powder)

2 organic carrots chopped

1 small head of broccoli chopped (including stalks)

1 cup (approx) of organic pumpkin chopped

1 cup of fresh green beans chopped

8-10 cups of organic chicken stock or bone broth - I use 8-10 cups of water with 1 heaped tablespoon of Gevity Bone Broth Body Glue

METHOD

Pre heat slow cooker. Soak the Quinoa, Moong Dahl, Split Peas, and Rice in water for about 30 minutes and then drain and rinse. In your slow cooker or large pot, toast the spices in the Ghee and then add the rice, dahl, quinoa, and split pea mix - coat all of that in the spices. Add the chopped vegetables, stirring to coat in the spices as well. Add the stock or bone broth. Place the lid on your slow cooker and let it do its thing for approximately 4 hours (checking occasionally and stirring).

You can add any spices you like but these work well together. You might like to adjust amounts to taste - I like to add lots of turmeric and extra ginger. I have also adjusted the traditional recipe to suit my own digestion - so you can play around with these ingredients - I prefer the mix of rice, quinoa, and moong dahl. You can keep Kitchari in your fridge for 3 to 4 days and bring out to reheat as you need. It also freezes quite well.