

# Mung Dal Kitchari

1 cup yellow mung dal  
1 cup basmati rice  
1 ½ inch piece of ginger, peeled and chopped fine  
2 Tablespoons unsweetened, shredded coconut  
1 small handful cilantro leaves, chopped  
½ cup water  
3 Tablespoons of ghee or coconut oil  
½ teaspoon salt  
6 cups of water  
Wash the mung dal and rice two times.  
Soak the mung dal for a few hours, if you have the time, then drain.



Put the ginger, coconut, cilantro and the ½ cup water into a blender and blend until liquefied.

Heat the ghee on medium in a large saucepan and add the blended items, turmeric and salt. Stir well.

Next, mix in the rice, mung dal and 6 cups of water. Bring to a boil. Boil, uncovered for 5 minutes. Then cover, leaving the lid slightly ajar, turn down the heat to simmer and cook for 25 to 30 minutes, until the dal and rice are tender.

Recipe from: *Ayurvedic Cooking for Self-Healing* by Usha Lad & Dr. Vasant Lad