

**Kitchari, a traditional ayurvedic recipe, is a nourishing porridge made from mung beans, rice, vegetables, and healing spices. This gut-supportive kitchari recipe is loaded with flavor, a great source of fiber, and one of my all-time favorite savory breakfast recipes.**

Below is the basic kitchari formula that I follow for a creamy savory spiced healing porridge:

- **1 cup dried moong dal** (split mung beans or yellow moong beans) – I prefer to use sprouted mung beans or whole mung beans that have been sprouted – NOTE: this is not traditional, but I prefer the nutty flavor and dense nutrient profile of sprouted mung beans. They are easier to digest than regular whole green mung beans and full of Vitamin C, Iron, and Potassium.
- **1/2 cup basmati rice** – White or brown basmati rice works. White rice is a better fit if you have trouble digesting brown rice.
- **3 cups vegetables** – You can mix up the type of vegetables you use based on what you have on hand – I like cauliflower, carrots, and zucchini
- **4 cups water**
- **Ginger, garlic, onion + dried spices**

### **How to cook kitchari:**

- Toast spices in ghee
- Add all other ingredients, simmer for an hour until ingredients are tender and (dare I say) mushy?, trust me when I tell you this is the texture you are looking for, porridge. Comforting, warming porridge.
- Top with yogurt, lime juice, cilantro, and flaky sea salt

### **WHAT SPICES SHOULD YOU USE IN KITCHARI?**

This dish originates in India and uses a unique blend of Indian spices. Spices that are healing, anti-inflammatory, and gut-supportive.

You can honestly use any variation of spices that you love, I tend to lean into using whole seeds and spices for my kitchari, here is my favorite kitchari spice blend:

- Fennel seeds
- Whole coriander seeds
- Cumin seeds
- Fenugreek seeds
- Ground turmeric
- Ground cumin
- Black pepper

Other spices that would work: asafoetida (which is traditionally used in place of onion and garlic and a great option for a low-fodmap version of kitchari), mustard seeds, ground ginger, cardamom pods, cinnamon stick, bay leaves, clove.