



Kitcheree

High Protein/Easy to Digest (Based on Yogi Bhajan's recipe)

- 4 Cups of Water
- 1/2 Cup Mung Beans
- Boil the mung beans first, for about ten minutes, then add the other ingredients
- 1 Cup thoroughly washed white Basmati Rice
- 1 Onion, chopped
- 5 to 7 cloves of Garlic, sliced or chopped
- 1 teaspoon peeled and chopped Ginger Root
- 1/2 teaspoon Turmeric
- 1/2 teaspoon ground Black Pepper
- 3/4 teaspoon crushed Red Chili Flakes
- 1/2 teaspoon Cumin or Garam Masala (Indian spice-optional)

Boil gently (covered) 30 to 40 minutes until very soft and "soupy."
Add 1 or 2 cups of any chopped vegetables preferably green, such as asparagus, celery, broccoli, zucchini, Swiss chard. You can also add carrots and/or mushrooms or you may prefer to keep it very simple and only use one or two green vegetables.

Optional:

During the cooking, add Braggs Liquid Aminos (similar to Tamari) about 20 'squirts' for the above recipe should do it, or serve on the side. A few sprigs of fresh mint cooked in with all the vegetables is really good!

Suggestion:

For a complete meal, serve with yogurt and toasted Pita Bread!

Enjoy!

From The Golden Temple Vegetarian Cookbook,
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