



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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