



Kitchari recipe for 3-4 servings:

Ingredients:

½ cup split [yellow mung beans](#)
2 tablespoons [coconut oil](#)
1-inch stick of [kombu](#) (optional – I used organic, non-GMO miso instead)
4 cups homemade [Kettle & Fire bone broth](#)
2 tablespoons [coconut cream](#)

Spices:

1½ teaspoons [cumin seeds](#)
1½ teaspoons [fennel seeds](#)
1½ teaspoons [coriander powder](#)
1 tablespoon [ginger root](#) freshly minced
½ teaspoon [turmeric powder](#)
½ teaspoon [fenugreek seeds](#)
¼ teaspoon [black mustard seeds](#)

Pinch of [asafoetida](#)

Vegetables:

2 cups of any mixed vegetables. I used [bok choy](#), cilantro and [dinosaur kale](#).

To serve:

Fresh lime

A dollop of [GT's Living Foods coconut yogurt](#)

[Sea salt](#) to taste

Instructions:

- The night before (24 hours earlier), soak the mung beans in ample filtered water.
- When you're ready to cook, drain the mung beans and rinse under running water. Prepare vegetables by peeling and chopping them up, then set all of this aside.
- Heat [coconut oil](#) over medium heat, in a heavy-bottomed pot. Add cumin, fennel, fenugreek and black mustard seeds and cook for a few minutes to release aromatics, and until the mustard seeds have popped. Add the rest of the spices and stir to combine.
- Add a cup of vegetable stock, followed by mung beans, kombu or miso, coconut cream, and vegetables, then add the rest of the stock (or water).
- Cover and bring to a boil, then reduce to a low heat. Simmer for about 40 minutes. Add more water if you want a soupier consistency, and simmer longer to get a thicker stew.
- Serve with fresh coriander chopped and folded through, a drizzle of fresh lime juice, spoon of coconut yogurt and sea salt to taste.