



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.