

Basic Kitcherie



- 1/2 cup basmati rice
- 1/2 cup split mung beans
- 4 cups water
- 1 tsp fresh ginger root, for Pitta, up to 2 tbslp for Vata and Kapha
- 1 bay leaf
- 1 pinch hing, also known as asoefatida
- 1/4 tsp cumin, ground
- 1/2 tsp coriander, ground (up to 1 tsp if desired)
- 1 tsp oregano
- 4 cups vegetables, based on season
- 1 tbslp ghee, or olive oil, optional salt, to taste

Cuisine: Indian

Cook Time:

Soak rice and dal overnight, draining the next morning.

Rinse rice and dal until the water runs clear. Place in a saucepan with water and spices (up to oregano). Bring to a boil and reduce heat to medium. Cover and cook for about 30 minutes. While this is cooking, wash and chop veggies. After 30 minutes, add in remaining ingredients except oil and salt, and cook until they have achieved desired tenderness. Add salt and oil once it's removed from the stovetop, if they're being used



This is a simple soup made of mung beans, rice & various spices, with additional seasonal veggies added in to taste. It is an Ayurvedic prescription for cleansing, is fed to infants, the elderly, and those who are ill or suffering from weak digestion. The spices will vary, depending on the person eating it, the desired outcome of the program, as well as the season in which it's being served. While it gently eliminates toxins from the body, it is also high in protein & is healing to the digestive system.

Per Serving (excluding unknown items): 2227 Calories; 219g Fat (86.7% calories from fat); 9g Protein; 67g Carbohydrate; 1g Dietary Fiber; 558mg Cholesterol; 155mg Sodium. Exchanges: 4 Grain(Starch); 0 Lean Meat; 0 Vegetable; 43 1/2 Fat.

Cashew Creme Cauliflower



Servings: 4

1 head cauliflower, medium

1 cup water

1/2 tsp coriander

1/4 tsp salt

1 cup cashews, raw

Cuisine: Indian

Cook Time:

Steam cauliflower in water. Cover and cook until soft, about 15-20 minutes.

Place remaining ingredients in a food processor and finely grind into a powder. When the cauliflower is done, pour 1/2 of the liquid into a blender with the cashew powder; puree until smooth. Add water as needed until you have the consistency you desire.

Serve cauliflower whole in a baking dish with creme poured over it, cutting into wedges to serve.

Per Serving (excluding unknown items): 193 Calories; 16g Fat (68.4% calories from fat); 6g Protein; 11g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 148mg Sodium.
Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 Fat.

