

Kitchari Dal

I love this basic recipe for the upcoming colder months. I use this just as it is or as a base to throw in other vegetables. It's quick, easy, and really nutritious.

2 cups red/pink lentils (masoor dal)
½ cup basmati rice
1 tablespoon or more of chopped fresh ginger
1 teaspoon ground turmeric
9 cups water

1 Tablespoon ghee or oil
1 teaspoon whole cumin seed
1 teaspoon brown mustard seed
1.5 teaspoons ground coriander
1.5 teaspoons salt

1. Rinse lentils well in a colander
2. Place lentils, rice, water, ginger, turmeric together and bring to a boil. Cover.
3. Reduce heat to simmer and cook until soft, about 20-30 minutes.
4. When the lentils are done, in a small fry pan, melt ghee and when hot, add mustard and cumin seed. Fry until the mustard seeds pop (you might cover it lightly so they don't pop all over the place).
5. Add fried seeds, coriander and salt to the pot of soup and stir. Let sit for a bit to meld flavors.

****Changes/Additions:**

You can add diced sweet potatoes and/or diced zucchini at the beginning.

You can add chopped fresh cilantro or spinach/kale to it at the end to add a different flavor.