

## **KITCHEREE**

Kitcheree is a highly nourishing, hypoallergenic stew made from mung beans or green lentils and brown rice. It assists in the detoxification process as it is very easy to digest. The spices and summer vegetables create a luscious stew that can be made in just 20 minutes using a pressure cooker, or approx 45 mins on stovetop.

1c brown rice

1/3c green lentils or mung beans

1" of ginger chopped

1tsp salt

5c of water

Boil until soup consistency.

Separate

3 Tbsp oil

1tsp cumin seed

Garlic

Fresh Coriander – as much as you want

1-2 tomatoes

Combine and cook until tomatoes are drier. Add to above with a tsp of Garam Masala. Mix well and enjoy