

# JACLYN RENEE

## w e l l n e s s

Khichari is a potent blood purifier and supports proper kidney function. In Chinese Medicine, mung beans are used to strip pesticides out of the system, which is especially helpful for the reproductive organs, liver, and the thyroid. This dish is extremely healing for the digestive system. I recommend consuming 3 times a week to reap the benefits. It makes a hearty lunch that will keep cravings away too.

1/2 cup Brown Basmati Rice (optional, can be left out if eating grain-free) |  
1 cup mung beans (or any lentils)  
4 cups water if using rice, 2-3 cups for lentils only  
2 tablespoons ghee  
1 tbsp. Organic Khichari spice mix  
2 Tbsp. grated fresh ginger  
1/4 - 1/2 tsp salt  
1/2 and avocado (for garnish)  
Fresh cilantro for garnish (liver cleanser)

Any of these cut vegetables: green beans, carrots, parsnip, burdock root, leafy green vegetables, zucchini, broccoli, squash – can be added to the khichari or made separately.

1. Soak rice and lentils in warm water for 5-10 minutes up to 8 hours. (makes it easier to digest)
2. Wash the contents until the water runs clear.
3. Add water and cook on medium heat for 10-15 minutes. You will notice a white foam building on the top of the pot that you can skim off. You may have to do this a few times
4. Turn the heat down a little and continue cooking for another 5-10 minutes until the ingredients are soft. Add more water if you like. You can add some fresh ginger and salt here.
5. In a separate pan, use 2 tsp of ghee, let it melt and heat for a minute. Add spice mix. Let that cook for a minute.
6. Add 1/2 Spanish onion and cook until translucent (about 3 minutes)
7. Add vegetables if you'd like. My favorite is zucchini and spinach.
8. Combine vegetable mix with the cooked lentils and rice and let simmer for 5 minutes uncovered.
  
9. Garnish with cilantro, add a little bit of ghee and enjoy! If you are watching your fat intake or are cleansing this week then leave off the extra ghee.