

Kitchori Recipe:

1/2 Cup basmati Rice
1/2 Cup split yellow mung beans or split red lentils
1 T Cumin pwd (fresh ground preferable)
1 T Coriander pwd (fresh ground preferable)
1 tsp Tumeric pwd
2 inch piece of fresh ginger grated or finely chopped
Salt to taste
5-6 cups of water

For Garnish - chopped cilantro and squeeze of fresh lime, avocado and ghee

Place all ingredients in pot on stovetop or crockpot or instapot. Bring to boil and simmer until creamy and soft.

On stovetop, takes about 30-40 min

In crockpot it will take a few hours.

In instant - takes about 20 min high pressure and then time for pressure to release