

# Simple One Pot Kitchori Recipe:

*Serves 3 as a main meal or 6 as a side dish*

1/2 Cup basmati Rice (can substitute rice with quinoa if preferable)  
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 or grated  
Salt to taste  
4-6 cups of water (4 cups will make a more firm consistency, 6 will make a more soup consistency.  
Optional - can add seasonal vegetables (different veggies will require different lengths of time so add accordingly)

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

Place all ingredients in pot on stovetop, instapot or in a crockpot. 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 Instapot it takes about 15 min.

## An Ayurveda Mealtime Prayer:

*Annam Brahma Raso Vishnu*

*Pakto Devo Mahesvarah*

*Evam Jnatva tu yo bhunkte*

*Anna dosho na lipyate*

The creative energy in the food is Brahma (the creative power of the divine),  
The nourishing energy in the body is Vishnu (the sustaining power of the divine) ,  
The transformation of the food into pure consciousness is Shiva (the transforming, dissolving aspect of the divine).

Knowing just this, then any impurities in the food you eat will never become part of you.