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One Pot Kitchari Recipe

Serves 6 - 10 people



1 cup Brown Rice
1 cup Mung Beans or Lentils
4.5 cups Water
3 cups Vegetables
3 tblsp Spice Mix to Taste
or use a dash of any of
these other herbs to taste:

Turmeric
Ginger
Garlic
Cumin
Salt
Garam Masala
Fenugreek
Fennel Seed
Corriander



Place all ingredients in a Crockpot or RiceCooker. An Insta-Pot can also work well. If using a Crockpot - Turn on low heat before bedtime, (cook no longer than 8 hours) turn off first thing in the morning for a hot savory breakfast. If using a RiceCooker or Insta-Pot, split beans are preferred - simply turn it on and your meal will be hot and fresh in about an hour! Add a tablespoon of desired raw oil and Liquid AminoAcids, salt or Tamari to taste...now Enjoy!

Please contact me for access to the cooking show video at : <https://youtu.be/5Arzz3wKHgQ>