

KITCHIDI - GF, CF, SF, VEG

Ingredients:

½ cup Basmati Rice
½ cup Moong Dal (small yellow lentils from Indian Store)
1 Yellow Onion chopped into small pieces
1 Package Frozen Organic Chopped Carrots and Peas
1-2 Tbl Olive Oil
2 cups Water

Spices:

1 tsp Cumin Seeds
1 tsp Mustard Seeds
½ tsp Asafetida (Whole Foods)
1 tsp Salt
1 tsp Ground Cumin
1 tsp Ground Coriander
1 tsp Turmeric
1 tsp grated Ginger
1 tsp grated mild Green Chili Pepper (Optional)
¼ tsp Cayenne (Optional)

NOTE: Adjust the spices to taste. These portions are approximate.

Directions:

Heat the Olive Oil in a large soup pot at high heat.

Add Mustard Seeds. When the Mustard Seeds start to pop, add Cumin Seeds and Asafetida. Immediately add the chopped Onions and turn the heat down to medium. Stir and cook until the onions are done.

Add Salt, Ground Cumin, Ground Coriander, Cayenne, Turmeric, Ginger and Green Chillies. Stir until well mixed.

Add Frozen Carrots and Peas. Cook and stir for several minutes

Stir in Basmati Rice and Moong Dal.

Add Water.

Bring to a boil, and then simmer for 5 minutes. Turn off heat, cover, let sit 20-25 minutes.

Submitted by: Raj -08/09