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Kitchari

This porridge-like Indian dish is traditionally served as baby's introduction to solid foods, those recovering from illness, and those on a physical and/or spiritual cleanse. I use this dish as a gentle reset for the gastrointestinal system, alongside herbs and aromatic medicine.

Consider kitchari for:

- The first days of intermittent fasting for fat loss
- Relief from acid reflux and indigestion
- Alongside a treatment plan for SIBO, IBS, or Candida
- At the change of the seasons – Spring, Summer, Fall, Winter

Recipe

2 cups white basmati rice
1 cup split yellow mung dahl beans
2 teaspoons clarified butter (ghee)
3-5 whole cardamom pods
½-1 inch fresh minced ginger root (or 1-2 teaspoons powdered)
1 teaspoon coriander seed
1 teaspoon cumin seed
¼-1 teaspoon turmeric powder
1-2 teaspoons peppercorn
1 cinnamon or cassia stick
1 teaspoon black or yellow mustard seeds
½ teaspoon fenugreek seeds
2-3 cloves
3 bay leaves
½ teaspoon salt
7-10 cups water (6 cups if using pressure cooker)

Stovetop instructions: add rice and beans to a large pot and bring to a boil. Reduce heat, and simmer, covered, until rice and beans are tender. In a pan sauté spices and ghee on medium heat until fragrant. Add to rice and beans. Just before serving add chopped, fresh cilantro.

If rice is problematic tapioca starch, which is made from cassava root, can be used instead. Mung dahl is a low FODMAP bean but could be replaced with quinoa or millet if it isn't well tolerated.

Kitchari can be an occasional meal for comfort or can be taken at each meal for three days to really reset the digestive tract. Prediabetics and diabetics will want to add lean protein and vegetables to the dish. Can be eaten rolled up in a tortilla (whole grain or cassava), on a bed of bitter greens, or with broth as a soup.

This handout is for informational purposes only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.