

# SATVIC KHICHADI

## BEST FOR

Morning Detox Drink

Breakfast

Lunch

Mid-Meal

Dinner

An Occasional Treat

*Even though brown rice is wholesome, it is still a grain, and, takes a great amount of time to digest. Therefore, this recipe is not really a healing recipe, but more of a comfort food. It is still much more healthier than the traditional Indian khichdi, which is made using ghee, lentils, white rice and spices.*

## INGREDIENTS

SERVES 3

- ¾ cup soaked brown rice
- 6 cups water
- 1 cup finely chopped green beans
- 1 cup grated carrot
- 1 cup grated bottle guard
- 1 teaspoon turmeric powder
- 1 cup finely chopped spinach
- 2 small green chillies, finely crushed
- 1 cup chopped tomato
- ½ cup coconut kernel, sliced and then blended in a blender
- 2 teaspoons rock salt
- ½ cup chopped coriander

**Green Chutney (pg 81)**

## PRE-PREPARATION

Soak ¾ cup brown rice in water for about 3-4 hours.

## METHOD

1. In a pot, place the brown rice along with 6 cups of water. Let it cook on a low flame till it turns soft (about 45 minutes). Keep stirring in between.
2. Add the beans, carrots, bottle guard and turmeric and cook for another 15 minutes. Add more water if required.
3. Add the spinach and green chillies. Stir well and cook for another 5 minutes.
4. Turn off the stove. Add the tomatoes, coconut and salt. Keep the pot covered for 5 minutes.
5. Top with coriander and serve with green chutney.