

BAB

# White Basmati Kichadi

(Sattvic)

- 2 *angulas* basmati rice (per adult)  
1 2 *angulas* split mung dahl (split mung beans) or whole mung beans (per adult)

OR

- 2 *angulas* sprouted mung beans (48-hours old) (per adult)  
1 tablespoon ghee  
1 *anjali* (pinch) turmeric  
1 *anjali* *asafoetida* (hing)  
2 cups boiling water (for regular use, reduce to 3 cups)

1. Wash rice & beans 'til water runs clear.
  2. In lrg pot, heat ghee & saute spices a few mins. Add rice & mung; saute over low heat 3 mins. Add water (reduce for thicker consistency); stir, cover & simmer gently over low heat 35 mins.
- OR
3. In lrg pot, heat ghee & saute spices a few mins. Add rice & saute over low heat 3 mins. Add water, stir, cover & simmer gently until rice is almost cooked (approx. 7 - 10 mins). Add sprouted mung beans (48-hours old) and cook until heated through (~ 3 mins).
  4. Serve warm.













