

Herbal Khichdi Recipe

This simple, nutritious recipe is a great meal to whip up when you are feeling slightly under the weather or want to give your digestive system a bit of a break after traveling.



What you'll need...

- 1 cup basmati rice, washed
- 1 cup yellow moong dal, washed
- ½ cup chopped and cooked vegetables of choice (peas, green beans, carrots, etc.)
- ¼ cup chopped nettles
- ¼ cup chopped dandelion greens
- 2.5 tbsp ghee or coconut oil
- 1 tsp ginger powder
- ½ tsp coriander powder
- ½ tsp cumin powder
- ¼ tsp hing or onion powder
- ½ tsp turmeric powder
- ½ tsp cumin seeds
- 2 tsp salt
- Pinch of black pepper
- 3 cups bone broth or vegetable broth
- 5 cups water
- Chopped cilantro

- 1 Rinse the rice and dal thoroughly in cold water.
- 2 Put the Instant Pot in sauté mode and add ghee, cumin seeds, and hing.
- 3 After cumin seeds begin to sputter and darken, add rice, dal, and water.
- 4 Add vegetables, nettles, and dandelion greens.
- 5 Add remaining powdered spices and salt.
- 6 Change instant pot setting to pressure cook or manual mode at high pressure for 7 minutes.
- 7 After beeping, hit NPR to allow pressure to release naturally.
- 8 Serve khichdi with ghee or coconut oil and chopped cilantro.

Yield: 2 servings