Khichari

by Anand Lila devi dasi

"Eating prasadam is a nice process of purification."

Ingredients

Yellow split moong dal	1/3 C
Rice	¾ C
Ghee	2 Tbsp
Nigella seeds (kalonji seeds)	1 Tsp
Cumin seeds	1 Tsp
Asafetida powder	¼ Tsp
Minced ginger	2 Tbsp
Green chili	1
Cabbage chopped	½ C
Bell pepper chopped in cubes	1/3 C
Carrot shredded	¼ C
Potatoes cut in cubes to 1.5cm	¼ C
Turmeric powder	½ Tsp
Salt	1 Tsp
Water	5-6 C
Chopped spinach	½ C

Preparation

1. Wash and drain the rice and dal.
2. Heat ghee in a heavy saucepan; add nigella seeds, cumin seeds, when it darkens a little, add asafetida, ginger and chili. Saute them for 30 seconds.
3. Stir fry the cabbage and all the other vegetables while adding turmeric to it. Add the rice, dal, salt and water. Bring it to a boil, then reduce the heat, cover partially, stirring occasionally cook till the vegetables, rice and dal are soft.
4. Add spinach leaves and cook for 5 minutes. If the Khichari dries up, add some more warm water according to the consistency you need.
5. Serve hot with an extra dollop of ghee.

Serves Two-Three

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