Kapha-balancing Kichadi

Ingredients:

1 tablespoon sesame oil
1/2 teaspoon cumin seed, whole
1/4 teaspoon freshly ground black pepper
1/2 teaspoon turmeric powder
1/2 teaspoon cayenne pepper powder
1 tablespoon ginger powder
6 1/2 cups water
1/2 cup whole mung (whole mung beans with green skin)
1 cup quinoa
1/2 cup asparagus,
1/2 cup broccoli,
1/2 cup cauliflower
1 celery stalk, thinly sliced
1 medium carrot, thinly sliced
1 cup chopped kale leaves
1/2 teaspoon pink Himalayan salt
1 lime or lemon, juiced
Chopped cilantro leaves, for garnish
Chopped spring onion (scallions), for garnish
Ghee, for individual servings (optional)

Preparation:

Place a large soup pan over medium heat and add the sesame oil. Once the oil is warm, add in the cumin and black pepper. Stir continuously for 2 minutes.

Add in the turmeric and ginger powder. Stir for an additional 30 seconds.

Add in the water and bring it to a boil over high heat.

Turn down the heat to medium and add in the mung dal. Cook, partially covered for a 15 minutes, stirring every 5 minutes.

Add the quinoa, celery, asparagus, broccoli, and cauliflower and carrot. Cook on medium heat for 10 minutes, stirring every 3 to 4 minutes to avoid the food from sticking to the bottom of the pan. If the kitchari becomes too thick, carefully add more water by the quarter cup.
After 10 minutes, add kale, reduce the heat, cover the pan completely, and cook for 5 minutes. Stir every 1 to 2 minutes to avoid the kitchari from sticking to the bottom of the pan.

After 5 minutes, check to ensure the dal is soft and well cooked. The veggies should be soft as well, but still vibrant in color.

Once you have your desired consistency, turn off the heat. Add in the salt and lime/ lemon juice. Blend all of the ingredients evenly. Cover the pan and let it sit for a 3 to 5 minutes to allow the flavors to absorb.

Sprinkle each serving with cilantro and spring onion (scallions). Add in 1 teaspoon of ghee per serving. Extra salt and pepper can be added to taste.