

# Vegan Kitchari

Try this incredible comfort food that is very healing, if you ever feel a bit under the weather or even just off emotionally I recommend making this.

Prep:  
**15 minutes**

Cook:  
**30 minutes**

Ready In:  
**45 minutes**

Servings:  
**6**



## Ingredients

- 1 cup moong dal, split mung beans
- 1 large zucchini, chopped
- 2 cups cauliflower florets
- 4 medium potatoes, chopped
- 2 large carrots, chopped
- 1 medium yellow onion, minced
- 3-4 cloves garlic, minced
- 4 cups spring water
- 1 tsp turmeric
- 1 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- a pinch of asafoetida (hing powder)\*
- 1 tbsp panch phoran\* or 1 tsp fennel seeds

## Instructions

- 1** In a large saucepan over medium heat, add in a bit of water and your chopped onion and garlic. Saute for 5 minutes until lightly browned.
- 2** Rinse your mung beans and place them in the pot with the water and salt. Bring to a boil, cover and cook for 20 minutes.
- 3** Add in the rest of your ingredients and cook on low for 15-20 minutes until the potatoes are soft. This dish turns out best when cooked on a low heat for a longer period of time. Serve with a side of basmati rice and a squeeze of lemon and black pepper.

**4** \*Asafetida or hing powder is used in Ayurvedic cooking. It can be hard to find but adds a complexity of flavor that is out of this world. If you love Indian food i highly recommend buying some. Its easy to get at an international grocer or on amazon. If you dont want to buy this you can leave it out. \*\* Panch Phoran is a seed mix that is also wonderful. Its a mix of nigella seeds, black mustard, cumin, fennel and fenugreek seeds. I get mine off of amazon. If you dont have this using 1 tsp of fennel or mustard seeds is great. \*\*\* Do not use whole mung beans (green mung bean) for this recipe. You need to use the split yellow mung bean, you can also sub red lentils.