

# Delicious Yam Kitcheri

Good for all body constitutions (Tridoshic)

## Ingredients

- 1 cup split yellow Mung Beans (available at Asian markets or Indian stores)
- 1 cup white Basmati Rice
- 1 large Yam, cut into cubes
- Water
- 3 Tbsp Ghee (clarified butter)
- 1½" grated fresh Ginger
- 2 Tbsp shredded Coconut (fresh or dry)
- 1 tsp Turmeric
- 1 large bunch Cilantro leaves
- 8 whole Cardamom pods
- 8 whole Cloves
- 11 black Peppercorns
- 3 inch piece Cinnamon stick
- 3 Bay leaves
- Salt to taste

## Directions

1. Rinse mung beans well and soak for a few hours.
2. Rinse rice well and soak until needed (beans have to cook in the ghee and spices for about 45 minutes before adding the rice).
3. Put ginger, coconut, turmeric, cilantro and some water in a blender or food processor and blend. Use enough water to blend well.
4. In a large pot, melt ghee over medium heat and sauté cardamom pods (split open first), cloves, peppercorns, cinnamon stick and bay leaves for a few minutes. Then add the blended spices and sauté for a few more minutes until lightly cooked.
5. Add beans and yam to the ghee and spices; cook for a couple more minutes. Add enough water to cover the beans with at least 3 inches of water and bring to a boil. Turn heat down to simmer. Cook for about 45 minutes or until the beans are completely broken down.
6. Add the rice and cook until the rice is broken apart. Add more water as needed.
7. Salt to taste and enjoy.