Kitchari recipe for 3-4 servings:

Ingredients:

½ cup split **yellow mung beans**
2 tablespoons **coconut oil**
1-inch stick of **kombu** (optional – I used organic, non-GMO miso instead)
4 cups homemade **Kettle & Fire bone broth**
2 tablespoons **coconut cream**

Spices:
1½ teaspoons **cumin seeds**
1½ teaspoons **fennel seeds**
1½ teaspoons **coriander powder**
1 tablespoon **ginger root** freshly minced
½ teaspoon **turmeric powder**
½ teaspoon **fenugreek seeds**
¼ teaspoon **black mustard seeds**
Pinch of **asafoetida**

Vegetables:
2 cups of any mixed vegetables. I used **bok choy**, cilantro and **dinosaur kale**.

To serve:
Fresh lime
A dollop of **GT’s Living Foods coconut yogurt**
**Sea salt** to taste

Instructions:
- The night before (24 hours earlier), soak the mung beans in ample filtered water.
- When you’re ready to cook, drain the mung beans and rinse under running water. Prepare vegetables by peeling and chopping them up, then set all of this aside.
- Heat **coconut oil** over medium heat, in a heavy-bottomed pot. Add cumin, fennel, fenugreek and black mustard seeds and cook for a few minutes to release aromatics, and until the mustard seeds have popped. Add the rest of the spices and stir to combine.
- Add a cup of vegetable stock, followed by mung beans, kombu or miso, coconut cream, and vegetables, then add the rest of the stock (or water).
- Cover and bring to a boil, then reduce to a low heat. Simmer for about 40 minutes. Add more water if you want a soupier consistency, and simmer longer to get a thicker stew.
- Serve with fresh coriander chopped and folded through, a drizzle of fresh lime juice, spoon of coconut yogurt and sea salt to taste.