



QUINOA KITCHERI

Quinoa possesses large quantities of calcium, protein, potassium, zinc, folic acid, iron, magnesium and fiber. Half a cup of dry quinoa contains 51 mg of calcium (compared to 28 mg in ½ cup dry whole wheat, and equal to that of a quart of milk), 11 gr protein, 629 mg potassium (which is impressively high), 2.8 mg zinc, 42 mcg folic acid, 7.9 mg iron, 179 mg magnesium and 5 gr fiber.

Ingredients:

- ½ cup whole mung beans
- 1 cup quinoa, millet or buckwheat
- Handful of greens (kale, collard, chard, mustard, dandelion)
- 6-8 cups of pure water
- 1 Tbsp coconut or sunflower oil
- 2” fresh ginger, grated
- 2 tsp turmeric (fresh or powdered)
- 1 tsp ground mustard
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp mineral salt, sea salt or Himalayan Pink salt



Directions:

1. Soak mung beans overnight. Rinse and discard the soaking water.
2. Wash quinoa, millet or buckwheat and greens thoroughly.
3. Use either a pot, pressure cooker or crock pot. When using a crock pot, cook the kitcheri overnight – be sure that there is plenty of water in the crock pot or that you make a larger batch in order to activate the heating elements in the crock pot.
4. Heat oil and add spices (turmeric, mustard, cumin, coriander and fresh ginger)
5. Add beans, greens, quinoa and water, bring to boil.
6. Cook the beans for 1 hour or until well cooked. (If using a pressure cooker or crock pot, you can add beans and quinoa at the same time. Cook for 25 minutes in pressure cooker or overnight in crock pot).
7. When done, add mineral salt to taste. It is important to add the salt at the end to make sure the beans cook properly.

Enjoy!