

KITCHARI: A MOUTHWATERING INDIAN LENTIL STEW

▶ [Let's Make Kitchari \(Indian Lentil Stew\)](#)

Ami Mackey

The best recipes are the ones that are easy to make and taste delicious. This kitchari recipe is exactly that - a simple, flavorful stew made with Indian spices and lentils. It's perfect for a healthy weeknight meal.

Made with ginger, whole grains, split peas and an assortment of aromatic spices, this comfort food is good for an upset stomach or to warm you up on a cold day. Once you learn the recipe, you'll be able to customize it any way you like and because it's so versatile, we think it will become your next go-to meal.



INGREDIENTS

- 1 1/2 cups dry yellow split peas
- 1/2 cup dry red lentils
- 1 cup brown rice
- 8 cups water or low-sodium vegetable broth
- 1 1/2 cups diced red onion
- 2 tablespoons grated fresh ginger

- 2 teaspoons minced garlic
- 2 teaspoons whole coriander (sub. 1 tsp. ground)
- 1 teaspoon cumin powder
- 2 teaspoons black cumin seeds (optional but so good) (sub. 1 tsp. ground)
- 2 teaspoons fennel seeds
- 2 teaspoons fenugreek (check Amazon if your store doesn't carry it)
- 2 teaspoons turmeric powder
- 1 teaspoons ground black pepper
- 1 teaspoons salt
- lime juice, for garnish

DIRECTIONS

1. Rinse your yellow peas, lentils, and rice in a colander for a minute. Meanwhile, place broth in a large pot and add onion, ginger, garlic and spices. Turn the pot to medium-high heat.
2. Add in the rinsed grains and stir. Bring to a boil, then turn heat to low and cover.
3. Check the kitchari every 15 minutes, adding more broth or water as needed. Stir to prevent sticking.
4. Cook over low heat for approximately one hour.
5. When finished, ladle into bowls and add a squeeze of lime. Hot sauce is also a good addition!