



SATYAVANI
RISING

Two Ayurvedic Recipes

THAT DETOXIFY YOUR GUT



Boost Your Immunity

It is said that 70% of our immune cells reside within the gut. Therefore, it is logical to assume that when we take care of the gut, we take care of our immunity. The following are two easy Ayurvedic recipes that do just that.

KITCHARI | RICE AND DAAL MIXTURE: SERVES 4

Kitchari is rice and mung beans created into a stew-like dish. It is tridoshic in nature meaning it supports all body constitutions. Kitchari is easy to digest and very nourishing especially during seasonal transitions. It helps with recuperation and rejuvenation as well and is a natural immunity booster.



INGREDIENTS

- 1-2 Tbsps ghee (clarified butter) or other high quality cooking oil such as olive.
- 1 cup mung beans (split beans are best; they are yellow; can also use the whole mung beans, which are green)
- 1/2 cup white basmati rice
- 1 tsp each of cumin seeds, fenugreek seeds, and mustard seeds
- 2 tsp ground coriander
- 1 tsp ground turmeric
- 1/8 tsp of hing or asafoetida (could be omitted if you cannot find it)
- 1-3 tsp fresh grated ginger
- Optional Organic veggies: Anything goes here (except garlic, onions, tomatoes, eggplant, potatoes, bell peppers). My favorite combination is 1/2 cup each of yam and sun chokes and 1 or 2 cups of chopped kale, chard or spinach. You can add burdock, 1 teaspoon dried burdock or 3-4 inches of fresh root will give you a nutty, slightly bitter taste.
- 6-8 cups water

DIRECTIONS

- 1 Soak mung beans for 1-8 hours before cooking. Overnight is good, but not longer than 8 hours (soaking helps to eliminate the formation of gas).
- 2 Rinse mung beans and rice 3 times before cooking.
- 3 Melt 1 tablespoon of ghee or other cooking oil in a deep pot over low to medium heat.
- 4 Add 1 teaspoon of cumin, fenugreek, and mustard seeds and the grated ginger. Sauté until slightly brown, careful not to burn!
- 5 Add rice and mung beans and sauté for approximately 30 seconds. Turn down heat.
- 6 Add 1 teaspoon of turmeric, 2 teaspoons of coriander and 1/8th teaspoon hing powders; sauté for approximately 30 seconds. Do not burn!
- 7 Add 6-8 cups of water and bring to boil. Cook time depends on how long you soaked the beans but kitchari should be soupy; add more water if needed. Add root veggies at this time if desired. Cover and cook for 20-30 minutes.
- 8 Add leafy greens at this time if desired. Cover and cook for another 20 minutes
- 9 You can put Bragg's seasoning on top if a little salty taste is desired.

Enjoy





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AGNI SOUP | WARM AND SPICED BROTH: SERVES 4

Agni or the “digestive fire,” is one of the most important principles in the ancient science of ayurveda. It refers broadly to our ability to process all aspects of life, including food, experiences, memories, and sensory impressions. Agni is responsible for absorbing the nutrients and essential elements the body needs while burning off waste products. If our agni is strong, we’re able to digest food efficiently and easily assimilate our daily experiences. On the other hand, if agni is weak, our body won’t digest well, creating toxic residue or ama that lodges deep in our cells.



INGREDIENTS |

- 3-4 Tbsp sunflower or safflower oil
- 1 Tbsp toasted sesame oil
- 1 onion, diced small
- 2 medium carrots, grated, about ½ c.
- celery, sliced paper thin, ½ medium daikon, grated (optional)
- 3-4 shitake mushrooms, sliced thin (and re-hydrated, if they started out dry) (optional)
- 2-3 Tbsp finely grated ginger
- ½ tsp ground black pepper
- ½ c. rinsed dulse seaweed
- Water
- About a cup’s worth of thin rice noodles
- 2-3 Tbsp rice vinegar
- 1 Tbsp kudzu (dissolved first in a few TB of cold water)
- 2 Tbsp maple syrup
- 2-3 Tbsp soy sauce
- 1 bunch finely chopped scallions
- 1-2 Tbsp miso

DIRECTIONS |

- 1 Sautee the onions in the oil. When they’re translucent, add the carrots and celery. Sautee another minute.
- 2 Add the daikon and mushrooms. Sautee another minute.
- 3 Add the ginger, black pepper, and seaweed and about 1-2 inches of water.
- 4 Simmer until everything is integrated and then add enough water to cover the veggies, plus an additional 2-3 inches.
- 5 Bring everything inside to a boil and then add everything else but the scallions and miso.
- 6 Cook until the noodles are tender.
- 7 Turn off the heat and add the scallions and miso. Don’t boil this after you add the miso. Miso should not be boiled.

Enjoy

