

ONE BITE

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Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Moong Daal Khichadi

By Pranjali - ProfusionCurry

Khichadi is a simple and cleansing dish with healing Ayurvedic properties. It's a traditional Indian one pot meal made with a mix of Basmati rice and moong dal and aromatic spices.



INGREDIENTS

- 1 cup mung dal (split mung beans washed and rinsed)
- 1 cup rice White, brown or combination works (I prefer Basmati rice)
- 1 cup of spinach and beans frozen works well too (carrots, beans, broccoli work well too)
- 4 cups water for cooking
- 1 tbsp oil or ghee if not vegan
- 5-6 curry leaves
- 1 tsp cumin seeds and Mustard Seeds
- 1 tsp turmeric powder
- 1 tsp Himalayan pink Salt
- 1 tsp spice mix- optional See note below
- 1 tsp chili powder –per taste
- chopped fresh cilantro, onions, lime/lemon wedges for garnish



INSTRUCTIONS

STOVE TOP

1. Combine the rice and mung beans. Wash and rinse in cold water. Drain the excess water.
2. Add oil/ghee to a medium pot on low heat. Once the oil/ghee starts to warm up, add mustard and cumin seeds.
3. When the seeds start to splutter, add curry leaves and turmeric powder. Stir for about 30 seconds. Add washed moong dal and rice. Stir and mix well for few minutes. Add the veggies. Sauté well. Add water. Add salt, chili powder, spice mix and do the taste test to see if the seasoning is to your liking. Adjust accordingly.
4. When the water comes to a boil. Turn the heat down to low. Let it simmer for 30 minutes, stirring occasionally. Towards the end, when water is starting to evaporate, cover the pot and let it cook. Make sure the rice and beans are cooked through. The watery texture should become a bit soft and mushy. If not, you may need to let it cook a little longer.
5. Turn off the heat. Adjust seasoning, if needed, and stir well again. Garnish with fresh cilantro, lime wedges and onion. Enjoy

INSTRUCTIONS

INSTANT POT

1. Combine the rice and mung beans. Wash and rinse in cold water. Drain the excess water. Start the InstantPot to Sauté on high. Add oil/ghee. Make sure it coats the bottom on main pot well. Once the oil/ghee starts to warm up, add the mustard and cumin seeds. When the seeds start to feel hot, add curry leaves and turmeric powder. Stir for about 30 seconds. Add washed moong dal and rice. Stir and mix well for few minutes. Add the veggies. Sauté well. Add water. Add salt, chili powder, spice mix and do the taste test to see if the seasoning is to your liking. Adjust accordingly.
2. Cancel Sauté. Close the lid of the InstantPot. Valve to sealing and Choose Rice Mode. Let it cook per preset timing. Once it beeps for done, let the NPR. Natural Pressure release.
3. Open the lid. Stir the cooked Khichadi well. Adjust the salt and seasoning if necessary.
4. Garnish with fresh cilantro, lime wedges and onion. Enjoy



Pranjali —

Pranjali is a recipe creator and member of the family behind profusioncurry.com. Their blog is a platform for them to share their recipes and adventures, as they hope to enlighten their followers to the possibility of a blissful and fulfilled vegan/sustainable lifestyle.

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