

Mung Beans & Rice - Cleansing Diet.

- A good cleansing diet that gives plenty of nourishment.
 - Good for the kidneys, colon, and digestive organs, or when food is not being digested thoroughly by the intestines.
 - Good diet for winter (make it spicy)
 - Eat only mung beans and rice for 3-30 days as a mono-diet. Cook with lots of vegetables.
 - May have fruit in between meals for snack. Also may take yogi tea (see recipe).
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Mung Beans & Rice

(Makes 8 servings)

1 Cup Mung Beans
1 Cup Basmati Rice
9 Cups Water
6-7 Cups assorted Vegetables

Masala Mixture:

¼ Cup Ghee or other Oil
4-5 Cloves of fresh Garlic, crushed in a press
2 Onions, Chopped
1 finger fresh Ginger root, peeled and minced
1 ½ Tsp Turmeric
1 ½ Tsp Cumin powder
¾ Tsp Ground Coriander seed
Seeds of 5 Green Cardamon Pods (or ½ tsp powder)
1 Tsp Black Pepper
½ Tsp Crushed Red Chilies (more if you like spicy)
1 – 1 ½ Tbsp Sea Salt

This recipe goes much smoother if you prep everything before you begin.

- Bring water to a light boil in a large stew pot.
- Wash Mung beans, carefully removing any tiny stones.
- Rinse Basmati Rice at least three times to remove starch.
- Set mung beans and rice aside.
- Chop assorted vegetables.

(Prepare the Masala Mixture while waiting for water to boil)

- Heat Ghee (or Oil) in a large frying pan (preferably cast iron.)
- Add garlic (using press), chopped onions, and Ginger and saute under a medium flame.

(When water begins to boil)

- Add mung beans and assorted vegetables to boiling water.
- Reduce flame to simmering and cover.

(Back to Masala Mixture:)

- When Onions, Garlic and Ginger are translucent, add Turmeric, Cumin, Coriander, Cardamon, Crushed Chilies and Black Pepper; mix well
- When all spices are absorbed shut off flame and let sit for 5 min, covered.
- Add Masala Mixture to water with mung beans and vegetables
- Simmer for 30-45 minutes until soupy

- Add rice and cook an additional 15-20 min until rice is absorbed
- Shut off and let set 15-20 min
- Serve with fresh yogurt or sour cream

Yogi Tea Recipe (Chai)

1 Gallon Water

30 cloves

30 whole green cardamon pods

30 whole black peppercorns

1 lg finger of fresh ginger, thinly sliced

5 sticks cinnamon

1 teabag, Black Tea

*Milk and Honey to taste (*optional; best to choose non-dairy milk like almond, coconut or rice or an organic dairy milk)

- Bring water to boil.
- Add all spices **except** black tea bag. Boil 30 -45 min. Longer is stronger.
- Finally, add black tea bag and boil another 5 min. ***The black tea is added last because it amalgamates the spices and sort of seals them. Also the tannins help assimilate the spices into the body.*
- If adding milk & honey, do so after adding the tea bag and letting it steep- OR BETTER add milk and honey to individual cup or a small batch. That way you can store the raw tea in the fridge and prepare with milk and honey as you go.
- After adding milk and or honey, bring to a boil again, then shut immediately or keep on lowest flame to keep warm.

***Milk helps to ease the shock of the spiciness on the stomach and intestines so drink with milk if you're sensitive to the spices. Note: for a stronger tea you can let the spices sit and sink to the bottom. If the tea gets really strong you can cut it with milk or reconstitute with a little water.*