

Sweet Potato Kitchari

Kitchari is considered the "ideal" meal in Ayurveda because it is easy to digest and has all 6 tastes (when made like the following recipe). Having all 6 tastes will leave you feeling more satisfied so you're bound to have less cravings. Plus, every bite is nutrient dense: packed full of ample fiber and protein!

Ingredients:

1 Tbs. ghee or coconut oil
 ½ cup red lentils
 Slightly less than ½ cup white basmati rice or quinoa (white basmati rice is easy to digest)
 1-2 tsp **Shaktiveda Memorable Journey Spice**. I sell this or try ¼ tsp of the following: cumin, cinnamon, hing, turmeric, oregano and fennel. Hing is found on-line or in Indian stores (gives garlic/onion flavor AND helps with digestion)
 4 cups warm water
 ½-1 tsp sea salt
 5 turns ground pepper
 1 small-medium sweet potato, with skin on
 1 medium zucchini and/or carrot
 2-4 Tbs. shredded unsweetened coconut
 ¼ cup of golden raisins
 ½ medium lemon, juiced
 4 cups packed kale and/or spinach leaves -cut up



Optional spices: turmeric, cumin, pepper, red peppers, ginger, etc.

Garnish with: Cilantro or Parsley, or Kale Spinach Chutney (ask Lila for this recipe)

Lime pieces

Directions:

1. Soak lentils and rice/quinoa for 2 hours in hot water or overnight.
2. Turn pot on medium/low. Rinse the lentils and rice/quinoa and set aside.
3. Add coconut oil or ghee and Memorable Journey spice to the pan and sauté for a couple of minutes, stirring. Can also add a bit of extra turmeric or cumin here if you wish. Can also add ¼ - 1/2 teaspoon ground ginger (optional).
4. Add the lentils/rice mixture and stir gently with spices until they're coated.
5. Add ~4 cups of hot water: pre boil in a tea kettle. Bring to medium simmer for 20 minutes with lid cracked the entire time.
6. Add in chopped sweet potato for 10 minutes, stirring and adding more water if need be.
7. Add in sea salt, pepper and any additional spices you want.
8. Add in chopped zucchini or carrot, along with coconut, raisins and lemon juice. Stir them all together and cook ~5 minutes.
9. Add in chopped kale or spinach and let cook 5-10 minutes, stirring a few times.
10. Take off burner and let sit.
11. **Optional:** lightly blend with hand blender. Taste and see if it needs more spices.
12. **Serve:** with garnish option and a lime wedge to squeeze on top.



TIP: Add any seasonal veggies you want. Keep this your base Kitchari & mix up the veggies!

Makes: 5- 6 cups
Serving Size: 1.5-2 cups

Lila Ojeda

** Remember to practice Conscious Eating so you thoroughly digest and absorb your food.*

This recipe can be made LEAP friendly (usually in Phases 3-4) if you choose certain foods, spices and the appropriate “approved” foods- leaving out what you need to. *What does that mean?* LO Solutions offers the MRT test, which is the gold standard food sensitivity test for inflammation. Results are shown as reactive and safe, for 120 foods & 30 food chemicals. All untested foods are taken out of one’s diet for a period of time, while we eat our safest foods for 2 weeks, and slowly increase foods over a 3-6 month period. This heals the body, calms down the immune system, and decreases inflammation and thus symptoms. Out of 20-30 “approved/safe” foods for Phase 1, this recipe may work for your protocol. It would then be anti-inflammatory recipe for *your* body...and sure to nourish your body too! When you receive MRT test results, these are the types of personalized recipes I help create for your body & protocol.
 Contact Lila or read more [here](#).

Photo Progression:

