

Pressure Cooker Kitchari

12 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
2. Divide between bowls and top with cilantro. Enjoy!

Notes

Serving Size

One serving is equal to about 2 cups.

No Basmati Rice

Use brown rice and increase cooking time.

No Red Lentils

Use yellow split peas. Increase cooking time to 17 minutes at pressure.

Stove Top

Increase broth to 5.5 cups and cook covered for about 25 minutes.

More Vegetables

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

Ingredients

- 3/4 cup** Basmati Rice (dry)
- 3/4 cup** Dry Red Lentils
- 1 tsp** Cumin
- 1 tbsp** Turmeric
- 1 tbsp** Curry Powder
- 1 head** Cauliflower (chopped into florets)
- 1** Carrot (medium, diced)
- 4 cups** Vegetable Broth
- 1 tbsp** Coconut Oil
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper
- 1 cup** Cilantro (chopped)