



Pressure Cooker Kitchari

4 servings

30 minutes

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)

Nutrition

Amount per serving	
Calories	377
Fat	5g
Carbs	69g
Fiber	11g
Sugar	6g
Protein	17g
Cholesterol	0mg
Sodium	1303mg
Vitamin A	3352IU
Vitamin C	74mg
Calcium	73mg
Iron	6mg

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.