

*Mung Beans & Rice as a 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 30 days as a mono-diet. Cook with lots of vegetables.
  - May have fresh fruit in between meals for snack.
- Also may take yogi tea. (see recipe on [www.kundaliniyogabootcamp.com](http://www.kundaliniyogabootcamp.com))
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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 Tumeric  
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