

BEANS & RICE (Khicchri)

By Vinita S.

1/2 cup beans (Spilt with skin Urad daal)
3/4 cup rice
2 Tbsp. oil
1 tsp cumin seeds
1 Tbsp. grated ginger
1/2 tsp turmeric
1/4 tsp cayenne pepper
1 tsp salt



1. Wash beans until water runs clear. Soak beans in water for 1/2 hr.
2. Wash rice and save.
3. Heat oil in a 3-4 qt. pan, when shimmering add cumin seeds and stir. When light brown add ginger, turmeric, and pepper and stir until ginger is light brown. Add rice and drained soaked beans and mix well. Add 2 1/2 cup of water. Bring to a boil, cover and simmer for 25-30 minutes. Make sure rice and beans are soft, if not turn heat off let it sit on stove covered for another 10 minutes.

Enjoy with chopped tomatoes, cucumber, sweet onion, apple cilantro mixture lemon & salt to taste. If you like you can also use plain yogurt with crushed mint.

Reprinted from the June 2018 ReFocus