

# Recipe

## CAULI-RICE KITCHARI

**SERVES 2**

### **THE GOODS:**

- 1/2 cup split mung beans
- 2 cups water
- 1 cup cauliflower rice
- 2 tablespoons ghee
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground turmeric
- 1 teaspoon sea salt
- 1/4 teaspoon black pepper
- **OPTIONAL:** fresh cilantro or yogurt

### **THE METHOD:**

Bring mung beans and water to a boil, simmer 30 minutes or until water has mostly evaporated.

Add cauliflower rice, ghee, and spices.

Cook over a medium flame until cauliflower rice is tender and the mixture is fragrant, roughly 7-8 minutes.

Optionally top with an unsweetened yogurt and/or fresh cilantro.

*Boulder Nutrition*