

Khichuri – Rice and lentil dish with vegetables

Ingredients

- 1 cup uncooked brown rice, washed
- 2/3 cup dried red lentils, washed
- 6 1/2 cups water
- 2/3 cup onion, chopped
- 1/2 teaspoon chili powder
- 1/2 teaspoon turmeric (optional)
- 4 tablespoons vegetable (or canola) oil
- 2 teaspoon salt (or to taste)
- 1 teaspoon fresh ginger, finely grated (or 1/2 teaspoon ginger powder)
- 4 garlic cloves, finely chopped (or 1/2 teaspoon garlic powder)
- 1 medium tomato, chopped
- 1/2 cup green peas, frozen or canned



Directions

1. In a large pot, add brown rice, red lentils, water, onion, chili powder, turmeric, vegetable oil, salt, ginger and garlic.
2. Stir ingredients together using a spoon, cover with a lid, and put on medium heat.
3. Cook about 30 minutes or until rice is almost cooked.
4. Add in green peas and tomato. Mix them together until well combined.
5. Cook for another 5 to 10 minutes with lid on and serve.

Makes about 4 – 5 cups.

Tips:

- Use any vegetables of your choice, such as: carrots, cauliflower, green beans etc.
- You can mash the khichuri and offer to your baby if they have already tried many of these foods.
- Store leftovers in the fridge for 2 – 3 days.

