



Sukha Wellness - Āyurvedic Medicine

with Elizabeth Cunningham Bossart

Āyurveda and Women's Health

Day: June 8, 2022

Time: 3:30 pm – 5:30pm PST

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Āyurvedic Kitchari Recipe - for balancing all three dosas V, P, and K

Effect: VPK=

Why? Cooking with mung beans and rice is very cleansing and nourishing to our bodies.

Ingredients

- 1/3 cup of yellow split mung beans
- 1/3 cup of red lentils
- 1/3 cup of roasted or aged white basmati rice
- 1/2 tablespoon of freshly grated ginger root
- 1 handful of chopped fresh cilantro leaves
- 1/2 tsp turmeric
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp whole cumin seeds
- 1/2 tsp yellow mustard seeds
- pinch asafoetida, hing
- 1/2 tsp saindav salt
- 2 to 3 curry leaves
- groundnut oil or olive oil
- ghee

Optional: If you have more heat, add 1 tbsp of coconut

If you have more cold, add 1 red mild chili pepper (whole, not cut).

If you are craving sour, add 1 tsp of amalaki powder

Directions

1. Dry roast the mung dahl /beans and rice in a pan until it smells slightly sweet.
2. Rinse both the mung dahl / bean and the rice in a pan until the water is clear.
3. Put olive oil or groundnut oil in the pan.
4. Add mustard and cumin seeds to the oil until they pop. Add other spices.
5. Sauté the spices in the oil.
6. Add dhal and rice to the spice / oil blend and continue to stir for another few minutes.
7. Once it starts to stick, add 6 to 8 cups of water. You can add more water also depending on the consistency you want to achieve.



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8. Add salt.
9. Towards the end of the cooking, you can decide how soupy you want to make your kitchari.
10. Cook until it thoroughly cooked, both dhal and the rice are soft (about 20 to 40 mins.)
11. Add 1/8 tsp to 1 tsp of ghee and freshly cut cilantro leaves and serve.

Āyurvedic Vegetable Soup

Effect: VPK=

Why? Cooking with mung beans and water is very cleansing and cooling to our bodies. We can actually remove excess water from our bodies with this recipe.

Ingredients

- 1 tsp olive or sunflower oil
- 1/2 tsp coriander seeds or powder
- 2 Tbsp mung beans
- 1 to 2 cloves of garlic
- 1 carrot
- 1- 2 cups of chopped green beans, zucchini, celery, kale, and/or arugula
- 4 cups water
- 1 tsp salt

Directions

1. Warm the oil in a medium-sized saucepan
2. Add the cumin and coriander seeds or powder and sauté for 2-3 minutes.
3. Stir in mung beans, garlic and sauté for another 2-3 minutes.
4. Add the vegetables and stir.
5. Add water and bring to a boil.
6. Reduce to medium heat and cook for 1/2 hour or more. Add salt.
7. The longer you cook it, the more tender everything will be.
8. Serve and Enjoy!



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Āyurvedic Vegetable Broth

Effect: VPK=

Why? When vegetables are cooked with water, clear vegetable broth can be very nourishing, slightly cleansing and healing for the body.

Ingredients

- 2 to 4 medium zucchini
- 1 pound string beans, ends trimmed
- 2 stalks celery, chopped
- 1 bunch parsley
- 1 bunch of cilantro
- 1 fennel bulb
- A pinch of hing / asafetida
- ½ tsp of turmeric powder
- ½ tsp of ginger powder
- 1 tsp of cumin seeds
- ½ to 1 tsp of salt
- 4 cups water
- Optional: 2 bulbs of chopped garlic, 1 small chopped leek

Instructions

1. Chop vegetables.
2. Place all ingredients including the spices in a pot and bring to a boil.
3. Skim any foam on the surface.
4. Lower the heat and simmer, covered until the vegetables are tender, about 15 minutes.
5. Optional: Puree soup in the pot with a handheld blender or in a blender in batches.
6. Add 1 tsp of ghee or olive on top and eat.



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Āyurvedic Goat Broth

Effect: VPK=

Why? When goat meat, water and spices are cooked with water, goat broth is extremely nourishing and especially pacifying to VĀta.

Ingredients

1 cup of chopped goat meat

16 cups of water

1 tbsp chopped onions

1 tbsp chopped garlic

1 tbsp ginger powder

Optional: cumin seeds, coriander powder

Directions

1. Put all ingredients in a large pot cook on medium boil until it reduces to 8 cups.
2. Put in refrigerator.
3. If there a thick fat congealed on top, take off 1/2 amount.
4. If there is minimum fat on top, leave.
5. Store in glass jars in refrigerator and drink 1 cup per day.