

Quinoa Kitchari

Number of Servings: 4

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients

4 cups water

1 onion, chopped

1 tbsp ginger, minced

1 tsp cumin

1/2 tsp tumeric

1/2 cup yellow split mung beans

1/2 cup quinoa

1 small cauliflower, cut into florets

1 cup frozen peas

Instructions

Combine everything but peas and cook for 30 minutes until beans are cooked. Add peas and cook for 5 minutes, then serve.