

Khichdi in a Jar

Serves 4

Time 40 minutes

Vegan

Common Allergens None

Recipe from [Vegan Richa](#)

Ingredients

Jar ingredients:

- ¾ cup white basmati rice
- ¾ cup red lentils (or half moong dal and half red lentils)

Spices:

- ¾ teaspoon cumin seeds
- 2 whole cloves
- 1 teaspoon coriander powder
- 1 tablespoon onion flakes
- 1 teaspoon garlic powder
- ¼ teaspoon ground ginger
- ½ teaspoon garam masala
- ¾ teaspoon turmeric
- ¼ teaspoon cayenne
- 2 Indian bay leaves

To Cook:

- 1 tomato, chopped
- 1 to 2 cups chopped vegetables, such as cauliflower, potato, carrots, zucchini, greens
- ¾ teaspoon salt

Optional garnishes or sides:

- Fresh cilantro
- Lemon juice
- Pepper flakes
- Chutney
- Papadum or crackers

Notes

- If you don't have cumin seeds, use ½ teaspoon ground cumin and do not toast it.
- For flavor variation: add 2 green cardamom pods and a cinnamon stick to the spice bag.
- If using brown basmati rice, use brown/green lentils, black eyed peas or green mung beans to match the cooking time. Add 4 cups water and cook for 16 to 18 minutes on Manual hi in Instant Pot.



Instructions

To assemble the jar and spice bag:

1. Layer the rice and lentils in a jar.
2. Optional: To develop deeper flavor, toast the cumin seeds and cloves on stove top over medium heat until cumin seeds change color slightly. Cool completely.
3. Add toasted cumin, cloves, and the rest of the spices to a small bag or jar. Seal. Store for up to 3 months.

Instructions to make the khichdi from a jar:

1. Wash the lentils and rice (optional).
2. Cook:
 - a. **Instant pot:** Add 3 ½ to 4 cups water (depends on your preference of consistency of the stew), lentils, rice, spice bag contents, ¾ to 1 teaspoon salt, and tomato. Add up to 2 cups of chopped vegetables and mix in. Close the lid and cook on **high pressure** for **2-4 minutes** (4 for Indian khichdi style mash consistency). For a regular rice and dal style kitchari, pressure cook on **Low** pressure for **3 mins**. Release the pressure after 5 mins. Fluff lightly.
 - b. **Saucepan:** add 5 cups of water and the rest of the ingredients. Cover partially and cook for 22 minutes, then check the consistency, cooking a few extra minutes if desired.
3. Add salt to taste if necessary. Garnish with cilantro, lemon juice and pepper flakes and serve as is or with chutneys or papadums/crackers.

To make directly: Heat 1 teaspoon oil on sauté in an instant pot, or saucepan on medium. Add the cumin seeds and cloves and cook until fragrant. Add bay leaves, turmeric and garam masala and mix for a few seconds. Add the rest of the ingredients, water, salt and cook as written above.