



Crock Pot Mung Beans and Rice

- 1/2 cup mung beans
- 1/2 cup basmati rice
- 1 stick celery, chopped
- 1 carrot, sliced
- 1/2 onion, chopped
- 1 clove garlic, diced
- 1" piece of ginger, diced
- 1 medium zucchini, sliced or any other veggies
- 1/2 teaspoon garam masala (Indian spice mix)
- 1/2 tsp turmeric powder or paste
- 1/8 tsp black pepper
- 2 T ghee or olive oil (to keep it from burning)
- Dash of cayenne or red chili flakes
- Salt or tamari to taste

Put all ingredients in the crock pot with 5 cups of water. Stir well, cover and set to quick cook to be done by lunch; slow to be done by dinner. Enjoy with some homemade yogurt and a side of whole wheat or corn tortillas for a tasty yogic meal in a bowl.