



## Sattwa Herbs Mung Bean Casserole (Kichadi)

- is yummy for the stomach and a nutritious detox!

**The recipe comes further down (page 4)**

- For those of you who **have stomach problems and do not know what to eat** - your stomach will be calm and harmonious over time if you eat it regularly.
- **To cleanse your body and mind** ...and get rid of a few extra kilos if that's what your body needs.
- To get to **know your stomach and digestion** ... that's the key to getting your stomach in order! Having a good digestion is the basis of everything... if your digestion works, the body can take care of other imbalances.
- **It is easy to prepare, it is nutritious** and has a high protein and mineral content at the same time as it is very easy to digest and kind to the stomach.
- The Mung Bean Casserole is good for all people young and old and for all sorts of different health problems. For everything from **various stomach problems and fatigue, to skin problems, depression and migraines**. It strengthens and nourishes, and it is easy to digest and it also helps your body detoxify from slag products.

Do you have a...

VATA DIGESTION	PITTA DIGESTION	KAPHA DIGESTION
		

This is how it feels when you eat Mung Bean Casserole:

- It's yummy for the stomach! ... **no pain or gas!**
- Light, soft and smooth in the stomach! ...**that's how it should feel when we've eaten food!**

Some interesting facts about the mung bean and Ayurveda:

- The mung bean is basically the only bean that does not give gas, it is also sattvic (pure) in nature, ie. it does not aggravate or burden the body and mind. The monks in Asia use it a lot to achieve a pure mind especially during meditation.
- It is a thousand-year-old Ayurvedic/Indian tradition to eat Kichadi (Mung Bean Casserole) - but this recipe below has been adapted and developed by Sattwa Herbs for our European stomachs and for us to get to know our digestions and to achieve a healthy, trouble free digestion.

How often should you eat it?

- Once a day - for you who have an upset stomach!

or

- 7-10 days in a row - if you want to detox or cleanse your body and mind.

How long time should you eat Mung Bean Casserole?

- Can I eat it every day all of my life? -Yes, you can actually do that. Many of our clients who have had a lots of stomach problems use it regularly when the stomach is anxious, constipated, loose etc.
- If you eat it as a detox or very often it is all normal to get tired of the Mung Bean Casserole - for a short time. But believe it or not ... soon you will be longing for it again. That's what's great about the Mung Bean Casserole, because your body knows what it wants. You just have to learn to listen to yourself and your digestion, the Mung Bean Casserole teaches you just that, how it shall feel in your stomach when you eat food.



Here's how a Mung Bean Casserole Detox works:

- EAT ONLY Mung Bean Casserole/ Soup as much as you want for breakfast, lunch and dinner + as a snack if you need. After the detox, you will feel a lightness in your body and mind and possibly lose a few kilos, if that is what your body wants and needs to do.

- NOTE! Eat only Mung Bean Casserole, not rice or vegetables if you want to detox properly, then your stomach has less to digest. However, you are welcome to spice it up and add a little crème fraiche, Mango chutney or lime. If you are having difficulties eating Mung Bean Casserole for breakfast, you can do a “semi-detox” and eat a hot porridge breakfast instead.
- Still, if you want to do a “semi-detox” and enjoy your morning coffee - just take that small cup of coffee and no more. Peeled and mashed or grated fruit with cinnamon and cardamom is okey as a snack at a “semi-detox”. But make the fruit easy to digest and eat it between meals.
- Avoid yoghurt during your detox, it clogs your channels and makes it difficult for the body to get rid of all the heat, as yoghurt is hot in nature. Many people with stomach problem have problems with heat in one way or another, i.e prolonged constipation, sluggish stomach or gastritis. Do not eat tomato during the detox either - it is also hot and therefore disturbs your digestion.

Between meals you can also:

- Drink a lot of [hot water](#), with a little lemon.
- Drink Pukka Herbs detox tea or make tea from fresh ginger, black pepper, cardamom, cinnamon, anise, fenugreek together or individually. Vary a little for best results. The tea helps to clear out slag products from the body and mind.

Do not forget the herbs:

- For a better result use herbs from Sattwa Herbs for your digestion Vata, Pitta or Kapha All in One/ Classic (1-2 times per day after food). If you do a Mung Bean Casserole Detox you can take extra of our herbal blend [Let Go Mild and Daily](#) (1-2 times/day).

**Do you want to know which herbal blends from Sattwa Herbs you need for your stomach and digestion.**

[Choose product here](#) or do our [Digestion Quiz](#) to see what type of stomach you have.

## TIPS FROM SATTWA HERBS

LET GO -time



A magical cleanse with  
Sattwa Herbs 5 easy tools





SATTWA HERBS

# Basic recipe Mung Bean Casserole

- 1 packet of organic mung beans (500 grams)
- 2 teaspoons turmeric (organic)
- 2 teaspoons cumin (organic)
- 2 teaspoons coriander (organic)
- Garlic, fresh ginger (for hot Pitta stomachs - just a little), black pepper, cardamom and fennel if you like.
- 3-4 tablespoons of ghee for cooking. Otherwise olive or coconut oil, but ghee is preferable.
- ½-1 teaspoon salt (preferably Himalayan pink salt or sea salt or a herbal salt)

## Cooking

1. Soak the mung beans the day before (at least 12 hours).
2. Start by cooking the mung beans in a regular large pan with plenty of water, while they are boiling, fry the spices gently in Ghee, see next point.
3. Heat the Ghee in a cast iron pan. Fry the cumin, coriander, turmeric and a little of the garlic and the fresh ginger.
4. When the mung beans have started to split a little (ie when the white begins to appear), you can slowly pour the mung beans over the fried spices. Let everything boil together and add the rest of the garlic and ginger. Total cooking time for mung beans is around 35-40 minutes. NOTE! It is important that they split so that they are easier for the stomach to digest, otherwise they can cause gas and bloating. Adjust the amount of water depending on whether you want a casserole or a soup.
5. The important thing is to make the casserole tasty so you want to eat it often. You can therefore vary the strength of the spices, garlic, ginger, etc.
6. When it is cooked, add a little salt. NOTE! Add the salt when the mung beans are cooked, otherwise the beans will dry out. Alternatively, add salt every time you eat your portion of mung bean casserole.
7. When serving: You can always spice it up with a little crème fraiche, lime, mango chutney + add salt if necessary, it enhances the taste.

The Mung Bean Casserole is usually more tasty the day after. Store it in the refrigerator for two days, otherwise freeze it (in small portions so you easily can eat it later).

When you eat Mung Bean Casserole often, it is great to make as many portions as possible at the same time (use 2-3 packets of mung beans) and then freeze it and take out one portion and eat it instead of a sandwich in the evening. The mung bean is one of the few beans that doesn't produce gas, if you get gas from the Mung Bean Casserole the cooking time for the beans have probably been too short, so that they have not had time to split.

If you want to vary your Mung bean Casserole or make it more nutritious, you can:

1. Eat it with freshly cooked Basmati or Jasmine rice (not brown rice, it is too difficult to digest).
2. Adding more vegetables, preferably: spinach, carrots, green beans (such as haricots verts), algae, shitakee mushroom. Plus other vegetables after season squash, asparagus, carrots, pumpkin and mild onions.

NOTE! The Mung Bean Casserole is not as easy to digest if you add rice and other vegetables, but much more digestible than most other things we eat.

The whole family usually likes Mung Bean Casserole with a little rice, crème fraiche and Mango Chutney, both old and young. Enjoy!

PLEASE SHARE THE RECIPE TO A FRIEND OR COLLEAGUE! [Facebook](#) [Mail](#) [LinkedIn](#)



WHICH TYPE OF DIGESTION DO YOU HAVE?

**VATA, PITTA**  
OR  
**KAPHA**

*Sattwa Herbs sells herbal blends for your **digestion**.*

*Are you not sure what type of digestion you have?*

Try our **Digestion Quiz**

 [www.sattwaherbs.com](http://www.sattwaherbs.com)

 [info@sattwaherbs.com](mailto:info@sattwaherbs.com)

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