When your body needs comfort, your mind craves stillness, and your soul longs for simplicity—**dal khichdi** is the answer. A timeless one-pot dish that unites rice and lentils into a soft, spiced, and easily digestible meal, this version honors Ayurvedic principles and your gut.

What Is Dal Khichdi with Masoor or Moong Dal?

Dal khichdi is a classic Indian comfort food made with rice and lentils. This gentle version uses either **masoor dal (red lentils)** or **moong dal (yellow split or whole)**, both known for being light on digestion and rich in nourishment. Free from heavy dals like toor or channa, it’s ideal for those seeking gut-soothing warmth.

How to Make Dal Khichdi with Masoor or Moong Dal: The Traditional Way

🥣 Ingredients:

For the Coriander Paste

- ½ cup **rice** (any non-glutinous variety; hand-pounded preferred)
- ½ cup **masoor dal** *or* **moong dal**
- 4 cups **water**
- 1 tsp **ghee**
- ½ tsp **jeera (cumin seeds)**
- A pinch of **hing (asafoetida)**
- ½ tsp **grated ginger**
- A few **curry leaves**
- ⅛ tsp **turmeric powder**
- **Rock salt** to taste
- Optional: Lightly sautéed vegetables (carrot, bottle gourd, or spinach)
- **Coriander leaves** for garnish

🍲 Method:

1. **Cook:**
    - In a pressure cooker or pot, add rice, dal, water, turmeric, and salt.
    - Pressure cook for 3–4 whistles or simmer until soft and porridge-like.

2. **Prepare Tempering:**
   - Heat ghee in a small pan. Add cumin, hing, ginger, and curry leaves.
   - Sauté for a few seconds until aromatic.
3. **Combine:**
   - Pour the tempering into the cooked khichdi. Mix well and simmer for 2–3 more minutes.
4. **Garnish:**
   - Top with chopped coriander. Serve warm with a spoon of ghee if desired.

Ayurvedic Benefits

1. Balances **vata** **and** **pitta** doshas
2. Masoor and moong are **easily digestible proteins**
3. Acts as a **digestive reset** for gut health and ama (toxin) reduction
4. Ghee supports **agni** (digestive fire) and **ojas** (vital energy)

Pro Tips from the Indian Kitchen

- **Add more water** if you like a soupier texture; this helps during convalescence.
- **Avoid heavy vegetables** like potatoes or peas if preparing for weak digestion.
- **Add ajwain (carom seeds)** for gas-prone individuals.

❤ Why We Love Dal Khichdi with Masoor or Moong Dal

- **Simple, complete, and soothing**
- Can be dressed up or down (luxurious or minimal)
- **Ideal for fasting, illness recovery, or daily dinners**
- Gentle on the stomach and **full of flavor**

Ideal For

- **Babies and elders**
- **Post-illness diets**
- **Light evening meals**
- **Ayurvedic detox days**
- Anyone in need of a bowl of warm, healing love