



Makes 7 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

¼ cup raw cashews, soaked 10 minutes in boiling water

½ teaspoon onion powder

½ teaspoon garlic powder

¼ to ½ cup unsweetened, unflavored plant-based milk

1 cup brown basmati rice

1 cup split mung beans or yellow split peas

1 cup chopped onion

1 cup chopped yellow bell pepper

½ teaspoons sea salt

½ teaspoon ground cumin

½ teaspoon ground turmeric

¼ teaspoon ground cardamom

¼ teaspoon ground cinnamon

⅛ teaspoon cayenne pepper

1 cup chopped russet potato

1 cup chopped roma tomatoes

½ cup frozen peas

Khichdi (Spiced Mung Bean and Rice Porridge)

Khichdi is a traditional Indian dish that features a base of creamy mung beans and rice laced with aromatic spices. The texture is similar to a thick [pea soup](#), and our version includes bite-size chunks of potatoes, tomatoes, and peas to add some extra substance. A symphony of seasonings—including cumin, cinnamon, cardamom, and cayenne—strike the perfect balance between savory, sweet, and spicy, which means you could enjoy khichdi for [breakfast](#) just as easily as you could include it on the dinner table. Here, we add an extra layer of yum with a homemade cashew cream that adds a yogurt-like creaminess and subtle tang to the porridge. Feel free to top with red pepper flakes or fresh cilantro before you dig in!

For more inspiration, check out our roundup of healthy [vegan Indian recipes](#)!

By Juliana Hale

- 1 For Cashew Cream, in a small food processor combine the cashews, onion powder, and garlic powder. Pulse until finely ground. Gradually add the plant-based milk while processing until sauce is creamy. Set aside until ready to use.
- 2 Place rice and mung beans in a fine-mesh sieve. Rinse under cold water until water runs clear.
- 3 In a large saucepan cook onion and bell pepper over medium 3 minutes or until tender, stirring occasionally and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in the next six ingredients (through cayenne pepper). Cook 1 minute more. Add rice and mung beans, potato, and 5 cups water. Bring to boiling; reduce heat. Cover and simmer 30 minutes.
- 4 Stir in tomatoes and peas. Cook 15 minutes more or until vegetables are tender and mixture is the consistency of porridge. Drizzle servings with Cashew Cream.