Vegan Keto Kichari

Source: Adapted for Vitaclay from meatfreeketo.com recipe

Prep **Cook** **Total**
10 min **30** min **40** min

Yield: 4 servings

Serving: 4

This low carb vegan kichari is a variation on more traditional recipes that's quite flavorful and super easy to make.

Ingredients

3 tbsp **coconut oil** *olive oil or MCT oil*

2 tsp **turmeric**

2 tsp **cumin**

1 tsp **grated ginger** *or ground*

½ tsp **coriander**

½ tsp **ground black pepper**

1 tbsp **prepared dry mustard**

pinch of sea salt

3 cups **(12oz/340g) cauliflower rice**

½ cup **(80g) hulled hemp seeds**

1 ½ cups **(350ml) coconut milk** *or other nondairy milk of choice or veggie broth*

1 medium **zucchini** *(about 200g/7oz) with half cubed up and half grated (see notes)*

1 small **pepper of choice**

sliced pepper *for garnish*

chopped chives or cilantro *for garnish*

Directions

In your Vitaclay pot, set stewing time to 30 minutes. Add oil and spices (including the mustard). Let this warm for a minute or two.

Add in the cauliflower rice, hemp seeds and room temperature coconut milk (or vegetable broth), and stir until thoroughly mixed. Cover the cooker and restart time to 30 minutes on the stew setting.

After 15 minutes, add in the zucchini and pepper on top of the cauliflower mixture. Close cover and cook until tender (about 10 more minutes). OK to keep this meal on the warm setting for a few hours.

Garnish with additional peppers and cilantro or chives if you like.

Nutritional Information

Amount Per Serving (4 Servings)

Calories: 259 **Protein**: 9.7g **Carbohydrate**: 6.4g **Fat**: 22.5g **Fiber**: 4.4g