

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## Sweet Potato Kitchari

1 cup red lentils  
½ cup brown rice  
½ cup faro  
3 tbsp coconut oil  
1 tsp cumin seeds  
1 ½ tsp fennel seeds  
1 ½ tsp coriander seeds  
½ tsp black mustard seeds  
1 tsp ground cinnamon  
1 white onion, peeled and minced  
2 stalks of celery, diced  
½-inch piece ginger root, grated or chopped fine  
2 garlic cloves, grated or chopped fine  
1 piece turmeric root, grated or chopped fine  
Pinch of Asafoetida  
6 cups vegetable stock  
2 medium sweet potatoes, peeled and cubed  
½ head cauliflower, broken into florets

Rinse the lentils, rice and faro and set aside to drain. Add the coconut oil to a heavy bottomed soup pot. Add the cumin, fennel, coriander, mustard and cinnamon and toast for 2-3 minutes on low heat

Add diced onions and celery to the spices. Stir 2-5 minutes. Add the lentils, rice and faro, stir and add the ginger, garlic, turmeric and asafoetida, stir to incorporate. Add the vegetable stock and bring to a boil

Add the sweet potatoes, cauliflower florets and stir to combine. Turn the mixture down to a simmer and cook until the rice and farro are cooked, about 20 minutes or so.

Serves many.



Recipe + photograph courtesy of Chef Collin Goodine  
[www.chefgoodine.com](http://www.chefgoodine.com)

Episode 27: Chef Collin Goodine, The Healthy Chef

Email Lynn with questions or comments at  
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**Because What You Put In Your Body Matters!**