

### **Ingredients**

¼ cup	Yellow split mung beans
¼ cup	Basmati rice
1-1 ½ cup	Fresh vegetables, cut into small pieces to fit in thermos
1 tablespoon	Ghee
2 cups	Water
	Whole or ground spices to taste (salt, cumin, ginger, turmeric, coriander, etc.)

### **Instructions**

1. Briefly sauté the spices in ghee.
2. Add mung beans, rice, and chopped vegetables
3. Cover with water and simmer for five minutes only
4. While still simmering (boiling), pour the mixture into a one-liter or one-quart thermos (you may need to spoon it in, but don't let it cool)
5. Close the thermos quickly and leave closed for about four hours

### **Notes**

- You may need to experiment with cooking times depending on your thermos' ability to retain heat
- Heavier vegetables like carrots and beets need one to two more minutes of cooking with the rice and beans
- You can substitute red lentils for yellow mung beans
- Do not overheat ghee when frying spices. It should not be smoking hot. Begin with whole spices and fry only to a light brown or until seeds start to pop, then add ground spices for a few seconds only