

*RC-Dubs Comforting One Pot
Meals, Right From Your
Pantry!*

How to Apply These Recipes:

Even with the best of intentions, cooking isn't always easy, especially if it isn't something we do often or we weren't taught as a kid. Now, with many of us working from home and looking to save money, we still want delicious healthy meals without too much work. So, I created these easy one pot recipes you can modify, mix up, and alternate throughout the week to keep you and your taste buds happy and your body healthy. I provided hyperlinks to all the ingredients so, you can easily order them online. I highly suggest getting a rice cooker if you don't have one already because you can literally put everything in, turn it on, and it will stop when its done. Here's a link to one you can easily order: [Rice Cooker For Less Than \\$20](#)

Either way, a regular sauce pot works great!

Let's do this.

XO

Cora

RachelCoraWood.com

Getting Figgy With It

- ½ Cup of Cream of Buckwheat
- ¼ Cup of chopped Dry Figs
- 1 Cup of Water
- 1 Scoop of Dry Goats Milk or ½ Cup of Almond or Regular Milk_(reduce water to ½ cup)
- ¼ tsp of Ground Cinnamon
- ¼ tsp of Ground Cardamom

Throw everything into your rice cooker and let cook till done. Or put into a pot bring to a boil, lower the temperature to medium and cook till liquid has evaporated and its a porridge like consistency. Drizzle with a little raw honey and enjoy! You can also alternate the grain to Quinoa, Barley, Basmati Rice, and Millet and the dried fruit to Dates, Raisins, or Dried Plums.

Kitchari Ditchari Do!

This is a traditional [Ayurvedic](#) Stew that is so delicious and very satisfying. Its also extremely healing! It's great when you're not feeling 100% or emotionally off balance. This recipe serves one; however, you can double, triple, or quadruple it for however many are in your household. This recipe does suggest soaking the first two ingredients over night in the fridge. If you aren't able to you can rinse each until the water runs clear.

- 1/4 Cup of Rinsed [White Basmati Rice](#) or Soaked [Quinoa](#) (overnight)
- 1/4 Cup of Soaked [Red Lentils](#) or [Mung Beans](#)(overnight)
- 2.5 cups of Water or Broth
- ½ tsp of [Cultured Ghee](#) or Olive Oil
- 1/8 tsp of [Turmeric Powder](#)
- 1 tsp of Grated Ginger or ¼ tsp of [powdered Ginger](#)
- ½ tsp of [Cumin Seeds](#)
- ½ tsp of [Fennel Seeds](#)
- 4 [Curry Leaves](#)
- 1/4tsp of Sea Salt

Throw everything into your rice cooker and cook till done. Or put into a pot bring to a boil, lower the temperature to simmer, cover, and cook till most of the liquid has evaporated and its a porridge like consistency. It should take about 30-40 minutes for each cooking method. You can add two cups of vegetables(Chopped Swiss Chard, Asparagus, Fennel, Spinach, Kale) towards the last 10 minutes of the cooking time. Leafy Vegetables really only need a couple minutes. Garnish with a little parsley, squeeze of lime, black pepper to taste and enjoy!

Conscious Kanji

Kanji is a traditional rice porridge that is very healing when your not feeling well or are too tired to cook .I also like to doctor it up with adding lots of spinach, cauliflower, and/or carrots towards the end of cooking it to make it a full meal for whenever! It super filling and comforting. If you have a super high fever add fennel instead of ginger and black pepper.

- 1/3 Cup of [White Basmati Rice](#) or [Barley](#)
- 3.5 Cups of Water, Chicken Stock, or [Bone Broth](#)
- Pinch of [Ground Ginger](#) (½ tsp of [Fennel Seeds](#) if Feverish)
- Couple grounds of [Black Pepper](#)

Combine everything into a regular pot. Bring to a boil and then simmer with the top on leaving a little air to breath for 30 minutes. Add a pinch of salt.