



## ALASKA CENTER FOR ACUPUNCTURE

### **Congee Recipe**

Congee is a soup made out of grains (traditionally rice, but any grains will work). The grains are slow cooked overnight, making them easily digestible. Congee harmonizes, warms and nourishes your digestive system.

1 cup rice (brown or sweet brown or some combination of both)  
5-7 cups water

Bring rice and water to a boil then set on lowest heat setting for gas stove or between warm and low for electric. Cover and cook overnight (about 8 hours). Congee will look like oatmeal in the morning.

For a great breakfast, add sea salt, raw honey, toasted walnuts, dates and butter or ghee (clarified butter) and serve with a little milk or rice milk. To eat congee for lunch or dinner, reheat with a little chicken broth and serve with chopped veggies like kale, carrots and onions. You can also add some cooked beef or chicken. Congee is easy to reheat, so use what you want for each meal and leave the rest in the fridge. I make a huge pot at the beginning of the week so I can have it available for quick meals anytime.

### **Congee Variation**

1/4 C. Rice  
1/4 C. Quinoa  
1/4 C. Barley  
1/4 C. Yellow mung beans – soaked and rinsed first  
7 C. water

Cook according to above instructions. This congee is higher in protein and tastes better with savory foods. And it still tastes good for breakfast with a little sea salt. Feel free to experiment with different grain combinations that sound good to you.

**Alaska Center for Acupuncture**  
642 S. Alaska St. Palmer, AK 99645  
PH: 907-745-8688 FAX: 907-745-8987

[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)  
[info@alaskaacupuncture.com](mailto:info@alaskaacupuncture.com)