

Ancient Chinese - Congee (Medicinal Rice Porridge)

Why it's medicinal:

Congee is an easily digestible, nourishing dish used in Traditional Chinese Medicine (TCM) to support digestion, boost energy (Qi), and aid recovery from illness.

Ingredients:

- 1 cup white or brown rice
- 6-8 cups water or bone broth
- 1-inch ginger, grated (warming and anti-inflammatory)
- 1 tbsp goji berries (rich in antioxidants, supports liver and kidney)
- 1 tsp turmeric (anti-inflammatory)
- Optional: Chicken, mushrooms, or jujube dates for added benefits

Instructions:

1. Rinse rice and combine with water in a pot.
2. Bring to a boil, then reduce to a simmer for 1-2 hours, stirring occasionally.
3. Add ginger, turmeric, and other ingredients in the last 20 minutes.
4. Serve warm, optionally garnished with green onions.