



Sabaayadaha Enchilada ee Bocor-lowska Leh

Xaddiga Cuntada 8 | Waqtiga diyaarinta 30 daqiiqo. | Waqtiga guud 55 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Saxanka cunto-diiriyaha ku habboon oo aad u weyn si loogu rido bocorka

Baaquli dhexdhexaad ah

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

9 x 13 inji oo saxanka dubista ah

Maacuunta:

Mindi

Qaaddada cuntada lagu walaaqo

Qaaddo

Maaddooyinka

2 1/2 koob oo bocor-lows daray ah ama la qaboojiyay, ama bocorka kale ee qaboobaha soo go'a

1 15 wiiqiyadood oo digir madow ah oo aan cusbo lagu darin oo gasacadaysan, la miiray oo la biyo raaciyay

1/2 koob basal ah si fiican loo jarjaray

1/2 koob oo kabsar caleen daray ah, la jarjaray ama 3 qaaddo oo kabsar caleen la qallajiyay ah

2 qaaddo oo toon buddo ah

1/2 qaaddo oo xawaaji dhuudhuub ah

1 koob farmaajo la firay ah oo dufanta ku yar tahay

8, 10-inji tortillas sarreenta isqabta

1 koob oo iidaan ah ama 1 gasac (10 wiiqiyadood) oo suugada cas ama cagaaran sabaayada enchilada ah

1/2 koob oo ciirta cad ee Giriiga ah

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta iyo khudaarta
2. Bocor qallalan. Dhawr mar dalooli maqaarka oo saar saxanka cunto-diiriyaha ku habboon oo ku diiri kulayl sarreeya muddo 6-8 daqiiqo ah. Ha qaboobo.
3. Ku sii kulee ilaa 375° F
4. Ku qas karootada, digirta, basasha, kabsarta, toonta buddada ah, iyo xawaaji dhuudhuubka gudaha baaquliga.
5. Ku qas $\frac{3}{4}$ koob oo farmaajo ah dhafdhafka bocorka.
6. Cunta-diiriyaha ku kululee sabaayada tortillas 2-3 mar mudda 30 ilbiriqsi ah ka hor inta aadan buuxin (tani waxay ka ilaalinaysaa tortillas-ka inay jeexjeexaan markaad rogrogayso).
7. Ku shub $\frac{1}{2}$ koob uur-galayaasha foolya kasta oo tortilla ah. Ku duub sabaayada tortilla agagaarka foolyada. Ku rid sabaayada tortilla saxanka dubista oo saliidsan oo ah 9-inji-13-inji ah oo leh lakab hoos u jeedo.
8. Ku dabool sabaayadaha iidaanka ama suugada enchilada. Ku rid farmaajada inteeda kale (1/4 koob) iidaanka.
9. Dub ilaa 25 daqiiqo.
10. La gur sabaayad kasta oo enchilada ah 1 qaaddo oo ciirta Giriiga ah.

Macluumaadka Nafaqada:

Kalooriyada 230 Dufanka Guud 5g Cusbada 690mg
Karbohaydaraydhka Guud 36g Borotiinka 13g