



Sabaayadaha Enchilada ee Bocor-lowska Leh

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

Qalabka:

Looxa cuntada lagu jarjaro
Khudaar-diire ama mindi af leh
Gasac fure
Baastamiir
Birtaabada cunto shiilida ee weyn

Maacuunta:

Mindi
Qaaddo yar ama fandhaal
Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

Saliida cuntada ee birta lagu buufiyo
2 1/2 koob oo bocor-lows ah (daray ah ama la qaboojiyay), gabal-gabal loo jarjaray AMA bocorka soo go'a qaboobaha, gabal-gabal loo jarjaray
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 xabo oo toonka qoyan ah, la kalaawiyay AMA
2 qaaddo oo toonta buddada ah
1/2 qaaddo xawaaji dhuudhuub buddo ah
1 koob oo farmaajo dufanku ku yar yahay, la firay
8 xabo oo sabaayada tortilla ah oo weyn oo isqabta
1 koob oo iidaan ah AMA 1 10 wiiqiyadood oo suugada (cas ama cagaaran) sabaayada enchilada ah
1/2 koob oo ciirta Giriiga ah oo dufanku ku yar yahay

Macluumaadka Nafaqada:

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

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo khudaarta.
2. Si khafiif ah ugu buufi saxanka dubista saliid cadeey ah ee birta lagu buufiyo. Qallaji bocorka oo mud diirkiisa dhowr jeer. Saar bocorka saxanka cunto-diiriyaha ku habboon oo ku diiri kulayl sarreeya muddo 6-8 daqiiqo ah. Ha qaboobo.
3. Sii kululee foornada ilaa 375 darajo xaraareed.
4. Ku qas karootada, digirta, basasha, kabsarta, toonta buddada ah, iyo xawaaji dhuudhuubka gudaha baaquliga.
5. Ku qas 3/4 koob oo farmaajo ah isku-dhafka bocorka.
6. Ku kululee 2-3 sabaayadaha tortilla ah gudaha cunto-diiriyaha ilaa 30 il-biriqsi kahor inta aadan foolyo ku shubin. Tani waxay ka-hortagi doontaa inay sabaayadu kala go'do marka la duubayo.
7. Ku rid 1/2 koob foolyada ah dhex bartamaha sabaayada tortilla. Isku duub sabaayada tortilla iyo foolyada. U jeedi dhinaca sare hoos adigoo saaraya saxanka dubista. Ku celi sabaayadaha tortilla ee haray, adigoo si siman saf u gelinaya.
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.

Mac'hadkani waa bixiyaha fursadaha loo wada siman yahay. <http://www.section508.gov/>
Agabkani waxaa maalgeliyay Barnaamijka Kaalmada Nafaqadda Dheeraadka ah
(Supplemental Nutrition Assistance Program) —SNAP.