



Ismariska Sloppy Garden Joes

Xaddiga Cuntada 12 | Waqtiga diyaarinta 10 daqiiqo. |

Waqtiga guud 30 daqiiqo.

Qalabka:

Looxa cuntada lagu jarjaro

Birtaabada cunto shiilida ee weyn

Gasac fure

Maacuunta:

Mindi

Malgacad ama qaaddada cuntada lagu walaaqo

Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

1 qaaddo oo saliid saytuun ama saliid cadeey ah

1 basal, la googooyay

1 karooto, si fiican loo firay

1 barbarooni, la googooyay

1 rodol duqad hilib lo' ah (85% ama jilicsan) oo caato ah

1 8 wiiqiyadood oo yaanyo shiishiid ah AMA 1 koobka dhalada ah oo yaanyo shidni ah

1 15 wiiqiyadood oo yaanyo shiishiid aan milix/cusbo lagu darin oo la ridqay, la miiray

1 8 wiiqiyadood oo boqoshaa ah, la qallajiyay, la biyo raaciyay, oo la hurgufay

AMA 1 koob oo boqoshaa ah oo daray ah, loo jarjaray gabalo 1/4-inji ah

1/4 koob oo goosaarta hilibka duban ah

1 xabo oo toon qoyan ah, la kalaawiyay AMA 1 qaaddo oo toonta buddada ah

1/4 qaaddo oo filfil ah

6 rooti oo badar ka samaysan, oo laba gabal loo kala jaray

Goosaarta Ikhtiyaariga ah: basal cas oo la jarjaray, gabalo qajaar ah, karooto la firay, kabsar caleen la jarjaray ama kabsar caleen

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, maacuunta, gasacadaha korkooda, iyo cuntada.
2. Adigoo adeegsanaya birtaabada cunto shiilida ee weyn, ku kululee saliida dab dhexdhexaad ah. Ku dar basasha, karootada, iyo barbarooniga. Dallac ilaa cuntadu ay ka bilowdo inay jilicdo, qiyaastii 5 daqiiqo.
3. Isla digsigu, ku dar hilibka lo'da ee shiidan. Adigoo isticmaalaya fandhaal ama qaaddo yar, burburi hilibka oo ka dhig caddad yaryar. Isku kari hilibka iyo khudaarta 5 daqiiqo oo dheeraad ah. Si joogto ah u walaq ilaa midabka casuuska ah ka baxayo oo hilibku si buuxda uga karayo.
4. Ku dar yaanyo shidni, yaanyo la jejebiyay ridqay, boqoshaaga, goosaarta hilibka la dubo, toonta buddada ah, iyo filfisha. Dabool birtaabada cunto shiilida oo ha burto.
5. Ka gaabi dabka oo ha iiro ilaa 10 daqiiqo, adigoo marmar walaqaya.
6. Daboolka ka qaad oo kari 3 daqiiqo oo dheeraad ah ama ilaa ay ka adkaato.
7. Gur isagoo weji furan oo soo raaci burka la solay ama burka badarka ka samaysan ee beegarka. Ku dar koosaarta ikhtiyaariga ah haddii loo baahdo.

Macluumaadka Nafaqada:

Kalooriyada 170 Dufanka Guud 8g Cusbada 180mg Karbohaydaraydhka
Guud 16g Borotiinka 10g