



Hilibka doofaarka oo lagu daray Salar iyo Yaanyo (TBLT)

Xaddiga Cuntada 3 | Waqtiga diyaarinta 5 daqiiqo |
Waqtiga guud 5 daqiiqo.

Qalabka: Baaquli dhexdhexaad ah

Maacuunta: Malgacada cuntada lagu walaaqo, Koobabka iyo qaaddooyinka cuntada lagu cabbiro

Maaddooyinka

- 2 1/2 koob oo ah salar, la jarjaray (sida romaine, salarka cagaarka ah ee la isku daray, salarka caleemaha waawayn ama isbiineej)
- 1 yaanyo oo yar, la jarjaray
- 1 barbarooni, la jarjaray
- 1 afakaadho oo yar, la jarjaray
- 1 qaado oo salarka ranch oo fudud, AMA 1 qaado oo salarka aad jeceshahay ah
- 6 jeex oo hilibka doofaarka ah ee fudud, la kariyay AMA 6 jeex oo ah hilibka turkey ee lagu qadeeyo
- 3 xabo sabaayada tortilla ah oo isqabta

Tilmaamaha

1. Kahor inta aadan hawsha bilaabin, dhaq gacmahaaga, sagxadaha, iyo cuntada.
2. Adoo isticmaalaya baaquli dhexdhexaad ah, ku dar salarka, yaanyada, banbanooniga, afakaadho, iyo salarka macaan. Walaaq si aad isugu darto.
3. Ku dar 2 jeex oo turkey ah (hibka doofaarka ama hibka qadada) si aad u geliso dhexda rootiga la dubay.
4. Ku rid qayb is le'eg oo ah salarka aad isku dartay ee kujira baaquli oo geli dhexda rootiga la dubay. U duub sida burritoda.

Macluumaadka Nafaqada:

Kalooriyada 280 Dufanka Guud 12g Cusbada 650mg

Karbohaydaraydhka Guud 33g Borotiinka 12g