

BEERGARKA BIINISKA MADAW

Waqtiga Diyaarinta: 10 daqiiqo

Waqtiga karinta: 20 daqiiqo

Waxaa ku jira Sanduuga:

- 1 (15 oz) Koobo dirir madow oo aan milix lahayn, waa la miiray oo waa la maydhay
- ½ c. ½ c. boorash, aan la karin

Noocyada uu ka koobanyahay oo Dheeraadka ah ee Loo Baahan Yahay:

- 1 ukun, la garaacay
- 1 basal yar (-½ c.), La jarjaray
- ½ c. basbaas cagaaran, la jarjaray
- 1 qaado shaah toon budo ah
- ¼ qaado xawaashka (cumin)
- 4 Hambeergarka qamadiga oo dhan ah

Tilmaamaha:

1. In baaquli dhexdhexaad ah, ku burburi digirta madow fargeeto.
2. Ku dar miro, ukun, basal, basbaas cagaaran, iyo dhir udgoon digirta madow ee shiidan. Isku qas si aad iskugu darto.
3. U qaybi isku qaska 4 qaybood; duub kubbadaha oo balaadhi si aad u samaysato saanwayj fidsan (patties).
4. Ku kari sanwayka fidsan maqlaha heer kul dhexdheaad ah ilaa uu noqonayo cawlaan (5 daqiiqo dhinciiba) Ama ku dub foornada 375 digrii F muddo 20 daqiiqo ah, adigoo kala rogaya dhinciiba.

Talo: Dusha sare ku leh salsa odium-ka hooseeya, avokado ama isbinaajka dhadhan dheeraad ah. Waxay ku beddeli kartaa xoogaa misir karsan digirta.



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 4
Xaddiga Adeega:
 1 hambeergar wareegsan
Khudaarta cagaaran: 302
Dufan: 4 g
Soodhiyam: 402 mg
Kaarboonhaydarayt: 53 g
Cuntada Galka leh: 9 g
Borotiin: 13.5 g
Adeegyada Kaarboohaydrayt: 3 ½

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah digirta madow ee soodhiyamka ah ee qasacadaysan, miro degdeg ah oo engegan, 1 ukun bunnii ah oo weyn, 1 basal cad oo yar yar, basbaas gambaleel ah oo cusub (la jarjaray), dhir udgoon, iyo roodhi hamburger ah oo sarreen ah.*