

DIGSIYADA BARIISKA BUNIGA AH

Waqtiga Diyaarinta: 8 daqiiqo

Waqtiga karinta: 10 daqiiqo

Waxaa ku jira Sanduuqa:

- $\frac{1}{2}$ c. bariis cawlan, la kariyay
- 2 Tbsp boorashka, aan la karin
- 1 (15 oz) khudaar iku jir ah qasaacadaysan oo aan cusbo lahayn, la miiray oo la maydhay

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

- 1 ukun, la garaacay
- 1 basal yar ($-\frac{1}{2}$ c.), La jarjaray
- 1 T toon budo ah
- $\frac{1}{2}$ qaado khamuun ridqan

Tilmaamaha:

1. Ku dar bariis bunniga ah, miro qallalan, khudaar isku qasan, basal iyo budada toonta oo ku jirta baaquili weyn.
2. Ku shub ukun la garaacay maaddooyinka; walaac isugu darto isku dar.
3. U qaybi isku qaska 4 qaybood oo isleeg; duub kubbadaha oo balaadhi si aad u samaysato saanwayj fidsan (patties).
4. Ku kari sanwayka fidsan maqlaha heer kul dhexdhexaad ah ilaa uu noqonayo cawlaan (4-5 daqiiqo dhiniciiba)

Tallo: Ku darso ketchup soodhiyam hooseeya ama iniin khardal ah dhadhan dheeraad ah!



Xaqiiqooyinka Nafaqada*

Wadarta Adeegyada: 4

Cabbirka Adeegga: 1 hilib

Calories-ka: 219 kcal

Dufan: 2 g

Soodhiyam: 28 mg

Kaarboonhaydarayt: 42 g

Cuntada Galka leh: 6 g

Borotiin: 7 g

Adeegyada Kaarboohaydrayt: 3

**Xaqiiqooyinka nafaqada leh waxaa ka mid ah badar dhexdhexaad ah oo la kariyey bariis bunniga ah, boorash degdeg ah oo engagan, ukun bunniga weyn ah, basal cad oo yar, iyo uunsi.*