



## TEJ TXUJ LOM & HMOOV TXUJ LOM

### Tej Txuj Lom & Hmoov Txuj Lom Zoo Dab Tsi:

- Ua kom qab dua, muaj xim thiab tsw qab uas tsis muaj calorie, roj, piam thaj, thiab ntau zaus tsis ntxiv ntsev.
- Ua rau tais zaub mov lossis hom zaub mov qab txawv kiag.
- Tsis siv cov kua dub thiab cov kua ywg xas lav uas muaj roj, carbohydrates thiab ntsev ntau ntau.
- Muab tej yam zoo rau lub cev thiab tej antioxidants, vitamin thiab mineral uas tiv thaiv tau lub cev.

	QAB LI CAS	SIV LI CAS	QHIA KOM PAUB NTXIV
<b>HMOOV KUA TXOB</b>	Ntsim ntsim, tsw pa taws, qab zib & qab tiag tiag; kheev muab cov hmoov kua txob tov xyaw nrog hmoov paprika, cumin, hmoov qej, hwj txob & ntsev.	Siv tau rau ntau yam; siv thaum ua zaub mov Axias, Mev, cov Xeev nyob rau Qab Teb Sab Hnub Poob, Is Dias & Meskas	Siv tau kua maj naus kom qab ntsim qaub. Siv tau los muab las nqaij & ntsees, nphoo rau hauv nqaij xyaw txiv lws suav thiab noob taum (chili), zaub hau, nqaij hau, tej yam zaub mov taco & kua dub kom qab duab & muaj ntsis ntsim.
<b>CINNAMON</b>	Qab zib, qab li av, qab li ntoo	Thaum ci khob noom, cov zaub mov qab ntsev qab rog, Ua kom tej zaub mov qab dua & kom ntxim qab zib	Muab nphoo xyaw oatmeal, cookie & tej khob noom ci kom qab zib dua & kom qab lwm yam. Kuj zoo nphoo xyaw zaub & nqaij hau
<b>CUMIN</b>	Tsw pa taws, qab li av, qab li txiv qab rog, ntsim, sov siab tsawv, muaj ntsis iab	Muab nphoo xyaw ntau hom zaub mov, feem ntau muab xyaw cov zaub mov Mev, Axias, Is Dias & Meditelene	Siv me ntsis xwb txaus lawm. Qab kawg thaum muab xyaw nrog qej & hmoov kua txob & ua kom qab ob peb yam; yog siv nrog qej ces ua kom qab dua, muab nphoo xyaw nrog hmoov kua txob kom thiaj tsis ntsim ntsim & hnov qab coriander.
<b>HMOOV QEJ</b>	Tsis tsw npaum li qej nyoos, muaj ntsis qab zib	Muab las nqaij, zaub, qos & lwm yam, ua rau tej khoom txom ncauj qab dua (cov txiv qab rog, paj kws)	Muab los hloov ntsev rau cov zaub mov uas tsis tshua qab ntsev kom tseem ua tau qab qab. Ua rau cov zaub mov qab ntsev qab rog kom yim huab qab tuaj.
<b>QHIAV</b>	Qab zib & ntsim, cov hmoov tsis tshua ntsim & qab zib zog cov qhiav nyoos	Zaum mob Axias & Midaus Ij, kuj zoo rau thaum mob plab kem & zaub mob tsis nqeg	Siv los las nqaij, ua kua ywg zaub mov & xas lav Muab xyaw nqaij & zaub hau kom ntsim me ntsis, qab zib thiab qab txuj lom. Kuj qab yog muab xyaw nqaij, ntsees & zaub.
<b>OREGANO</b>	Ntsim li hwj txob, qab zib, laj siab	Zaub mov Itali & Meditelene	Qab kawg yog muab xyaw nqaij qaib & ntsees, kua dub, kua ywg xas lav, xas lav, pasta, zaub & nqaij hau.
<b>PARSLEY</b>	Tsw ha, tshiab tshiab, ntsuab li nyom & ntsuab xiab	Cov zaub mov Meskas, Yus Luv & Midaus Ij	Qab heev yog muab xyaw pasta, nphoo rau nqaij qaib, ntsees & qos Ua kom tej tais casserole, zaub hau, nqaij hau & qe qab dua.
<b>KUA VANILLA EXTRACT</b>	Muaj piam thaj, caramel & tsw paj ntoos; qab zib tiam sis qab muaj ceem heev	Ntxim muab xyaw cov khob noom ci & cov zaub mov qab ntsev qab rog kom qab dua	Ua kom haj yam qab dua qub thiab; siv los ua khob noom ci, las nqaij kom phom, cov zaub txiv hmab txiv ntoo zom, kua txiv lws suav & lwm yam zaub mov qab ntsev qab rog
<b>KUA TXIV LEMON</b>	Laj siab, qaub, ntshiab, tshiab tshiab, tsw ha	Siv tau rau ntau yam; siv rau cov khob noom ci, las nqaij & ntsees kom phom, kua ywg xas lav, zaub hau, nqaij hau & xas lav.	Mam li tso kua lemon rau thaum siav lawm kom qab. Muab tso rau hauv tej zaub uas twb siav lawm kom cov zaub tej xim thiaj tshiab & kom qab dua. Muab pauv cov kua qaub vinegar thaum muab ua cov kua ywg xas lav.

**Qhia Kom Paub Ntxiv:** 1 T nyoos = 1 tsp qhuav lossis hmoov