

CHICKEN WILD RICE SOUP (NQAJJ QAIB HAU XYAW TXHUV QUS)

Lub Sij Hawm Uas Yuav Tau Siv Coj Los Npaj: 15 feeb
**Lub Sij Hawm Uas Yuav Tau Siv Coj Los Ua Kom Cov Khoom
 Noj Siav:** 20 feeb

Yeej muaj nyob hauv lub thawv tib si lawm:

- 3 khob txhuv qus uas twb muab ua siav lawm
- 1 khob hauv paus zaub carrot ntim kas poom uas tsis rau ntsev, muab cov kua hliv tawm thiab muab cov hauv paus zaub carrot yang dej
- 2 (4.5-ooj) kas poom nqajj qaib, muab cov kua hliv tawm thiab muab cov nqajj qaib yang dej

Lwm cov khoom uas yuav tsum tau siv ntxiv:

- 1 lub dos me (-½ c.), muab txhoov ua tej daim xim fab xim meem me me
- 1 (6.5-ooj) kas poom nceb uas tsis rau ntsev, muab cov kua hliv tawm thiab muab cov nceb yang dej
- 3 khob kua nqajj qaib uas tsis tshua qab ntsev
- ½ dia oregano los sis thyme uas muab ziab qhuav lawm
- 1 khob cov kua mis half-and-half (tsis yog kua mis rau kas fes)

Cov Lus Uas Qhia Hais Tias Yuav Ua Li Cas:

1. Muab tag nrho cov khoom, tseg cov kua mis half-and-half, hliv rau hauv ib lauj kaub loj thiab muab hau mus txog thaum cov dej npau. Muab hluav taws tso kom yau thiab cia lub lauj kaub maj mam npau li 10-15 feeb.
2. Muab cov kua mis half-and-half hliv rau thaum ua ntej yuav muab coj los noj. Tso hluav taws li ob peb feeb ntxiv, tiam sis tsis txhob cia npau tom qab koj muab cov kua mis half-and-half hliv tag rau lawm.

Lus Qhia Kom Paub Ntxiv: Siv 2 kas poom noob taum chickpeas (muab cov kua hliv tawm thiab muab cov noob taum yang dej) es tsis txhob siv nqajj qaib, thiab siv kua zaub es tsis txhob siv kua nqajj qaib coj los muab qhov zaub hau no ua ib qhov zaub uas cov neeg tsis noj nqajj yuav noj tau.



Muaj Khoom Dab Tsi Zoo Rau Lub Cev*

Yuav txaus noj pes tsawg zaus: 3
Yuav noj ib zaug npaum li cas: 2 khob
Muaj pes tsawg calories: 535
Muaj roj ntau npaum li cas: 12 g
Muaj ntsev ntau npaum li cas: 499 mg
Muaj carbohydrate ntau npaum li cas: 68 g
Muaj fiber ntau npaum li cas: 11 g
Muaj protein ntau npaum li cas: 35 g
**Cov khoom noj ib zaug yog muaj
 carbohydrate ntau npaum li cas:** 4½

**Cov khoom zoo rau lub cev yog muaj txhuv qus, hauv paus carrots tsis rau ntsev, nqajj qaib ntim kas poom, dos dawb, nceb tsis rau ntsev, kua qaib tsis tshua qab ntsev, thiab kua mis half-and-half.*