



Khudaar si Fudud loo uumiyay

Waxyaabaha ay ka kooban yihiin:

- 5 koob oo khudaar la jarjaray ah (la jarjaray) - baradho, cups assorted vegetable pieces (cut in chunks) – potatoes, squash-ka qaboobaha, digirta dhaadheer, xididka, carrots, basal, mushroom
- 1 qaado oo saliid ah – canola ama saliida khudaarta
- 2 qaado oo xawaajiga itaaliyaanka oo qalalan
- 1/8 qaado oo filfil shiidan ah
- 1/8 qaado oo cusbo ah

Tilmaamaha:

1. Ku lulee ilaa heerka 425 °F.
2. Ku fidid birdaawada 9"x13" oo ah xaashida aluminum foil-ka.
3. Khudaarta ku faafi birdaawada. Saliid ku firdhi dusha khudaarta. Walaaq. Ku daadi xawaash Talyaani, basbaas, iyo milix. Walaaq.
4. Dubo adoon daboolin muddo 45 daqiiqo ah Walaaq 15 daqiiqo oo kasta.
5. U diyaar in la cuno inta ay wali kulushahay.

**Seasonal
and Simple**

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Ilaha: seasonalandsimple.info