



Hilibka Turkey, Bariis, iyo Maraq Barankooli

Waxyaabaha ay ka kooban yihiin:

- 2 qaado oo saliid ah - tan khudrada ama canola
- 1 koob oo basal ah, la jarjaray
- 1 koob oo mashruumka cad ah oo cusub, la jarjaray (waa la iska dhaafi karaa)
- 1 xabo oo toon ah, la burburiyay ama $\frac{1}{4}$ qaado oo toonta budada ah
- 1 qasacad (15 oz.) haku darin cusbo iyo yaanyo la jarjaray
- 3 qasacadood (14.5 oz.) maraq hilibka digaaga oo cusbadu ku yar tahay
- 1 qasacad (10.75 oz.) maraq soodhiyam oo ah maraq digaag oo la dhimay
- 1 koob oo bariis bunniga fudud, aan la karinin
- 2 koob oo bronkooli la jarjaray ah (la qaboojiyey ama cusub)
- 2 koob oo hilibka turki ah oo la kariyey, oo la jarjaray
- $\frac{1}{2}$ qaado yar oo ah filfil buddo ah

Seasonal and Simple

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri

Eeg tilmaamaha xagga dambe ku yaala.

Hilibka Turkey, Bariis, iyo Maraqa Barankooli, sii socota

Tilmaamaha:

1. Ku kululee saliida birdaawo wayn adoo saaraya kuleyl meel dhexe ah.
2. Ku dar basal, mushroom (haddii aad isticmaalayso) iyo toon. Kari, walaaq badanaa, ilaa inta basashu ka jilcayso (muddo 5 daqiiqo ah).
3. Ku dar yaanyo, maraq, kiriimka maraqa hilibka digaaga iyo bariis. Dabool oo kari ilaa bariisku noqonaayo mid jilca (15-20 daqiiqo).
4. Ku walaaq boronkooli iyo hilibka turkeyga. Dib u saar dabka.
5. Yaree dabka oo gaabi (daboolka qayb ka saar) ilaa boronkooligu jilcaayo iyo ilaa inta turkeygu bislaanaaqyo (muddo 5 daqiiqo ah).
6. Ka deji dabka oo ku walaaq banbanooni.

Ku raaxeysto samaynta cuntadan
caafimaadka iyo macaanka leh!

Booqo marc.org/kcfresh si aad u hesho
xog dheeraad ah iyo noocyo cunto.

