

A collage of ingredients for Cowboy Caviar: corn, beans, diced tomatoes, jalapeños, cilantro, and an avocado.

Cowboy Caviar

Waxyaabaha ay ka kooban yihiin:

- 1 qaado oo saliid ah (saliida canola, saytuun ama khudaar ah)
- 1 qaado oo khal cider ah
- 1 qaado oo liin ah
- $\frac{1}{2}$ qaado Dijon mustard
- 1 qasac ah (15 oz.) digir cusbo yar leh - la miiray oo la dhaqay
- $\frac{3}{4}$ koob galeey barafaysan ah, oo la dhalaaliyay
- $\frac{1}{2}$ koob oo basal ah, la jarjaray ($\frac{1}{2}$ basal oo aan waynayn)
- $\frac{1}{2}$ koob oo banbanooni ah, la jarjaray ($\frac{1}{2}$ banbanooni aan waynayn)
- 1 koob yaanyo ah, la jarjaray (1 yaanyo dhexdhedaad ah)
- 1 afakaadho, la jarjaray

Seasonal and Simple

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri



Eeg tilmaamaha xagga dambe ku yaala.

Cowboy Caviar sii socota

Tilmaamaha:

1. Isku qas saliida, khal, liin kadibna khardal ku dar baaquli yar.
2. Ku walaaq digir, galeey, basal, banbanooni iyo yaanyada baaquli dhexdhexaad ah.
3. Ku shub dareere digirta. Dabool. Geli furunjiyeerka ilaa laga cunaayo.
4. Ku dar afakaadho kahor inta aan la cunin. Si aayar ah u walaaq si aad isku dhixgeliso.

Ku raaxeysto samayta cuntadan
caafimaadka iyo macaanka leh!

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xog dheeraad ah iyo noocyoo cunto.

