

Xili Hore Diyaarinta Quraacda Burritos oo lagu daro Banbanooniga



Waxyaabaha ay ka kooban yihiin:

- 1 koob oo baradho ah, la jarjaray (1 baradho aan waynayn)
- $\frac{1}{2}$ koob oo basal ah, la jarjaray ($\frac{1}{2}$ basal aan waynayn)
- 1 koob oo banbanooni ah, la jarjaray (1 banbanooni aan waynayn)
- 8 ukun, garaac
- $\frac{1}{8}$ qaado toon buddo ah
- $\frac{1}{4}$ qaado oo ah filfil buddo ah
- 1 koob 2% jiis cheddar dufan, la jarjaray
- 8 (8 iinji) burka tortilas

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri

Eeg tilmaamaha xagga dambe ku yaala.

Ilaha: seasonalandsimple.info

Xili Hore Diyaarinta Quraacda Burritos oo lagu daro Banbanooniga sii socota

Tilmaamaha:

1. Ku buufi birdaawo wayn saliida lagu buufiyo. Ku kari baradho dab meel dhexaad ah muddo 6-10 daqiiqo ah.
2. Ku dar basal iyo banbanooni baradho. Kari muddo 3-4 daqiiqo ah ilaa baradhadu bunni noqonayso.
3. Ku dar ukun aad qastay khudaarta. Kari muddo 4-5 daqiiqo ah adoo ku karinaayo dab meel dhexaad ah. Si aayar ah u walaq ilaa biyuhu ka gurayaan.
4. Ku walaq buddada toonta iyo banbanooniga.
5. Isticmaal 2 qaado oo jiis ah iyo $\frac{1}{2}$ koob oo ah ukun lagu daray tortilla kasta. Duub burrito kasta. Sii qof ama geli qaboojiye.
6. Aad qalajin kartaa burritos-ka. Marka ay qaboowdo, duub burrito kasta oo si fiican ugu duub xaashida lagu duubo. Ku duub xaashida cuntada oo hal xabo ah marka aad qaboojinayso. Ku rid bacda qaboojiyaha burritada marka aad qalajinayso.
7. Si aad ugu ugu kululeyso burritos ka aad qaboojisay: Ka saar xaashida ku duuban. Ku duub burritos-ka xaashi jilicsan. Kuluyka microwave-ka ka dhig mid meel dhexaad ah. Kululee burrito muddo 3-4 daqiiqo ah.

