

Maraq Caleenta Cagaaran oo lagu kariyay basbaas



Waxyaabaha ay ka kooban yihiin:

- 4 boon oo collard cagaar ah, qiyaastii 2-3 rubac
- 3 koob oo maraqa digaag oo leh khudaar, cusbaduna ku yar tahay
- 2 basal dhexdhexaad ah, la jarjaray
- 3 xabo oo toon ah, la burburiyay
- 1 qaado oo jeexyo banbaanooni ah (waad iska dhaafi kartaa haddii aadan rabin inaad banbanooni ku darto)

Tilmaamaha:

1. Dhaq oo kala jarjar caleenta cagaaran oo ka dhig jeexyo afka la gelin karo. Sidoo kale qaybta dhexe ayaa la isticmaali karaa waana la yaryareyn karaa.
2. Ku dar dhammaan waxyaabaha kale oo ku shub birdaawo wayn. Kululee. Marka aad kululeyso, yaree dabka oo dabool. Kari muddo 25 daqiiqo ah.

8 jeer in la cuni karo

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri