



Maraq Digirta Dhibcaha Madoow leh ee Muddada Dheer La Kariyo

Waxyaabaha ay ka kooban yihiin:

- ½ boon oo ah digirta dhibcaha madoow leh oo la qalajiyay
- 2 koob oo maraq khudaar oo cusbo yar leh
- 1 koob oo biyo ah
- 6 karootada, la jarjaray
- 2 jeexyo celery ah, la jarjaray
- 1 basal dhexdhexaad ah, la jarjaray
- 1 qaado oo budo toon ah
- 1 qaado oo xawaashi ah (basil, oregano la qalajiyay, rosemary ama sage)

Tilmaamaha:

1. Biyo raaci oo kala saar digirta dhibcaha madoow leh si aad uga saarto kuwa halaabay ama qashinka.
2. Dhammaan waxyaabaha ku shub digi cuntada sida aayar ah u kariyo kadibna isku gas.
3. Si aayar ah u kari muddo 8 saacadood ah.

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri