

Bocorka jaalaha ah oo jarjaran oo lagu daray digirta madoow



Waxyaabaha ay ka kooban yihiin:

- 1 bocor jaalle ah oo jarjaran, la diiray lana jarjaray $\frac{1}{2}$ -inji ah (habka sida hoose loogu diiray)
- 1 qaado oo saliidda cuntada ah
- 1 basal yar, oo la jarjaray
- $\frac{1}{4}$ qaado oo buddo toon ah
- $\frac{1}{4}$ koob oo khal cas ah
- $\frac{1}{4}$ koob oo biyo ah
- 2 qasac (16 oz) digir madow ah, cusbo yar leh, la miiray lana biyo raaciyay
- $\frac{1}{2}$ qaado oo oregano ah

**Seasonal
and Simple**

Barnaamijka Wacyigelinta
dadweynaha ee University
of Missouri

Eeg tilmaamaha xagga dambe ku yaala.

Bocorka jaalaha ah oo jarjaran oo lagu daray digirta madoow sii socota

Tilmaamaha:

1. Microweef ku kululee bocorka jaallaha ah kuna kululee dab heer sare ah muddo 1-2 daqiiqo ah si aad u jilciso.
2. Si taxadar leh u diir bocorka adoo adeegsanaya mashiinka khudaarta lagu diiro ama mindi yar. U kala jarjar ½-inji.
3. Diir oo jarjar basashada.
4. Adoo isticmaalaya digsi wayn, kululee saliida. Ku dar basal, buddo toon ah, iyo bocor. Kari muddo 5 daqiiqo ah adoo ku karinaaya dab meel dhexaad ah.
5. Ku dar khal iyo biyo. Ku kari dab hoose ilaa bocorku bislaado, muddo 10 daqiiqo ah.
6. Ku dar digir iyo oregano. Kari ilaa digirtu si fiican u bislaato. Cun.

Ku raaxeysto samaynta cuntadan
caafimaadka iyo macaanka leh!

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

