

## HARRUUR, DIGIR IYO CANSALATO GALEEY

WAXAAY DEEQDAA: 12 saxan

KHARASHAKA: \$4.17 habsameeyn kasta, \$0.35 halkii saxan

DIYAARIN WAQTIGA: 15 daqiiqo diyaarin; 45 daqiiqo karin

### WIXII LOO BAAHNAA DHAN:

- 2 koob oo harruur karsan ah (mararka qaar loo yaqaano “hull-less”)
- 1 gasac (15 ounces) digir guduud ah, lagu darin cusbo ama ku yartahay, dhaqan lana biyo bixiyey
- 1 koob oo harruur (gasacadeeysan, barafeeysan ama freesh)
- 1 barbaroon weyn oo cas, la miro bixiyey oo jarjaran
- 1/2 koob *celery* jarjaran
- 1/4 koob basal cagaar jarjaran
- 1 tuun, si yaryar loo jarjaray ama 1/4 qaado tuun daqiiq ah
- 1/4 koob liimo freesh ah ama liin biyaheeda
- 2 qaado oo saliida khudrada
- Cusbo iyo basbas ah si dhadhan u yeelato
- Kabsar caleen ama jirrid *parsley*, qurxin (ikhtiyaari)

### QALABKA:

- Baaquli weyn oo lagu walaaqo
- Caaga wax lagu jaro iyo mindi
- Koobabka wax lagu cabiro iyo qaado
- Digsii dhexe

### RAAD RAAC:

1. Kari harrurta adigoo isticmaalaya tilmaamaha hoose. Inta ay harruurta bislaaneyso, diyaari waxyaabaha kale oo dhan sida kor ku sharxan.
2. Ku qas harruurta maadooyinka kale ee harsan (aan ka aheyn kabsarta/parsley) baaquli weyn.
3. Dabool eena qabooji dhoor saacadood ama habeenki si dhadhanka isugu dhafmo.
4. Ku qurxi kabsar caleen ama jirrid *parsley*, haddii aad rabtid, ee bixi.

Karinta harruurta: (Waxay sameeysaa 3 ilaa 3 ½ koob oo harruur bisil)

1. Digsii dhexe oo dabool leh ku bursii 3 koob oo biyo ah.
2. Ku dar koob harruur ah ka dib bursii.
3. Kuleylka ka yaree, dabool, ee kari 45 daqiiqo ama ilaa ay harruurta ka jilicdo oo biyaha ka guraan.
4. Harruurta si dheeri ah loo bisleeyey ku rid weel hawa xiran kadib qabooji ilaa iyo isbuuc ama barafee.

### XUSUUSNOW:

- Horay u sii bislee harruurta ee qabooji. Qaboojiyaha geli haraaga 2 saac gudahooda.
- Haraaga harruurta bisil, ku dar maraq, cunno isku dar ah iyo cansalato si kor loogu qaado caafimaadka cunnadda.

Nutrition Facts	
Serving Size 1/2 cup (110g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 120	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 2g	
<b>Protein</b> 4g	
Vitamin A 8%	• Vitamin C 25%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	