

MISIR INDIAN IYO BAASTA

WAXAY DEEQDAA: 5 saxan

KHARASHKA: \$3.38 habsamo kasta, \$0.67 saxanki

DIYAARIN WAQTIGA: 10 daqiiqo diyaarin; 45 daqiiqo karis ah

WAXA LOO BAAHANYAHAY:

- 3 koob oo biyo
- 2 tuun, si fiican loo jarjaray ama 1/2 qaado shaah oo tuun daqiiq ah
- 1 gasac (15 ounces) yaanyo jarjaran, oo dheecaan leh
- 1 basal weyn, jarjaran
- 1 qaado saliida khudrada
- 1/2 koob misir qalalan, dhaqay
- 1 qaado shaah oo xawaaji daqiiq ah
- 1 qaado shaah oo huruud
- 1/4 qaado shaah oo barbarooni casaan ahred (ikhtiyaar)
- 1/2 koob baasta gaagaab ama baasta yaryar
- 1/4 koob kabsar caleen, jarjaran

QALABKA:

- Digsi gacanle oo weyn
- Maacunta cunnada
- Caaga wax lagu jarjaro iyo mindi
- koobab cabbir iyo qaadooyin

RAAD RAAC:

1. Ku kululeey saliid digsi gacanlaha weyn kuleeyl dhexdhexaad ah (300 darajo Fahrenheit digsi gacanle koronto ah).
2. Ku dar basal iyo tuun ee kari 3 ilaa 4 daqiiqo.
3. Biyo ku walaq, yaanyo jarjaran oo dheecaan leh, misir, xawaaji, huruud, iyo barbarooni casaan oo falfaleer.
4. Bursii. Dabool eena ka gaabi kuleylka (250 darajo Fahrenheit digsi gacanle koronto ah).
5. Isku kari 25 daqiiqadood.
6. Baasta ku dar kadib dabool la'aan kari ilaa iyo baastada jilicdo, khiyaasti 10 daqiiqadood.
7. Ku fiixi kabsar ee bixi iyadoo diiran.

XUSUUSNOW:

- Bixi iyadoo la saaray labeen fudud oo dhanaan ahama ciiir dhanaan. 2 saacadood gudahooda qaboojiyaha ku geli haraaga.
- Ikhtiyaarka miraha haruurka, ku bedel baasta gaagaab lagu daray bariis buuni ah eena u diyaari si gooni ka ah misirta kadib isku dar labaduba marka ay si fiican u bislaadaan.

Nutrition Facts	
Serving Size 1 cup (250g)	
Servings Per Container 6	
Amount Per Serving	
Calories 150	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	28%
Sugars 4g	
Protein 8g	
Vitamin A 10%	• Vitamin C 20%
Calcium 6%	• Iron 10%
*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	