

## DHAQSO CHILI

WAXAY DEEQDAA: 6 saxan

KHARASHKA: \$5.16 habsamo kasta, \$0.86 saxanki

DIYAARIN WAKHTIGA: 5 daqiiqo diyaarin; 20 daqiiqo karin

### WAXA LOO BAAHANYAHAY:

- 1/2 pound hilib jilicsan (15% dufan)
- 1 basal dhexaad, jarjaran
- 1 gasac (15 ounces) digir kalyaha oo dheecan leh
- 2 gasacadood (14.5 ounces mid kasta) yaanyo jarjaran oo dheecan leh
- 2 qaado oo basbas daqiiq

### QALABKA:

- Digsigacanle weyn
- Caaga wax lagu jarjaro
- Mindi
- Koobasha cabbirka iyo qaandooyin

### RAAD RAAC:

1. Hilib buuni ah iyo basal ku jiro digsigacanle weyn oo saaran heer kuleel dhexe-sare (350 darajo F digsigacanle koronto ah). Ka hoore dufanka.
2. Ku dar digir, yaanyo iyo basbaas daqiiq ah. Gaabi kuleylka si hoose (250 darajo F digsigacanle koronta ah), dabool ee kari 10 daqiiqadood.
3. Qeeybi isagoo diiran.

### XUSUUSNOW:

- Haraaga mudoo 2 saac gudahooda firijeerka ku geli.
- Ku bixi kabaj la jarjaray, dufan yar ciir dhanaan, kabsar ama farmaajo daqiiq ah.
- Ku dar khudaar kale sida barbarooni, kaarot, *celery* ama galeey, hadii loo baahdo.
- Ku dar *cumin* qalalan, *oregano*, ama barbarooni casaan ah talaabada 3aad si dhahan dheeri loo helo.

Nutrition Facts	
Serving Size 1 cup (257g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 590mg	<b>25%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 6g	
<b>Protein</b> 12g	
Vitamin A 25%	• Vitamin C 35%
Calcium 8%	• 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	

Habsameyntan waxaa ka soo helnay FoodHero.org