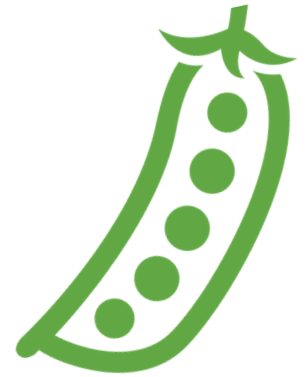


Ua Xam Lav Elote Noj (Elote Salad Recipe)

Txaus noj: 2 mus rau 2 1/2 khob

Khoom Sib Tov

- 3 lub pob kws
- 1/4 khob sour cream lossis Mexican crema
- 1/4 khob zaub ntxhwb
- Kua ntawm 1 lub maj naus
- 1 teaspoon hmoov kua txob, nyob ntawm koj xav tso
- 1/2 teaspoon hwj txob
- 1/4 teaspoon ground oregano
- 2 Tablespoons cov cotija cheese zom kom mos



Lus Taw Qhia Rau Cov Neeg Laus

Pab cov menyuam ua noj ntawm qhov cub.

Lus Taw Qhia Rau Cov Menyua Yaus

- Muab cov plhaub pob kws tev. Siv ib rab ciaj los tais cov pob kws no tso rau lub qhov cub, taws qhov cub kom yau ci cov pob kws no. Ci cov pob kws no li ntawm 2-3 feeb. Koj yuav pib hnov tsw ha thiab pob kws tawg, ib yam li kib pob kws. Lub pob kws yuav pib dub tuaj. Ces tam sim no, tig lub pob kws ci rau sab tod, li ntawm 2-3 feeb. Rov ua li no rau cov pob kws tagrho. Muab tej pob kws cia kom txias rau li ntawm 5 feeb.
- Thaum tseem cia cov pob kws txias, muab cov zaub ntxhw tsuav lossis muab dua. Ces muab tso rau ib lub tais loj loj.
- Ces siv ib rab riam pleev nplem los kuam cov pob kws rau hauv lub tais loj. (Tswv yim: saib peb daim yeeb yaj kiab qhia ua li no!)
- Ntsuas thiab tov cov sour cream lossis crema, zaub ntxhwb, kua maj naus, hmoov kua txob (yog tias koj siv), hwj txob, oregano, thiab cotija cheese. Muab do ua ke. Noj lauj!

Nej Cov Ncuav Xees Viv Tuaj Yeem Pab Tau Ntiaj Teb! Ntaub Ntawv Kawm Paub Txog Zaub Mov © 2021 Chaw Paub Txog Zaub Mov. Cov cais tas nrho raug ceev tseg.

Txwv tsis pub luam theej los yog faib tawm yog tsis muaj ntawv sau tso cai.

Nriav cov ntawv qhia ua zaub mov ntxiv nyob rau ntawm:
www.foodliteracycenter.org

