

# Kuas Kas Maus (Guacamole)

Kev Tau Txais: 1 khob

## Cov Khoom Xyaw

1 lub txiv as vos kas dos (avocado), muab noob tawm

1 dia diav ntev txuj lom xis lees thos (cilantro)

2 dia diav tshuaj yej hauv paus dos ntsuab

2 nplais txiv qaub

Ntsev thiab hwj txob txhawm rau kom qab



## Cov Lus Qhia rau Cov Neeg Loj

Phua nruab nrab lub txiv as vos kas dos thiab tshem lub noob tawm. Pab cov me nyuam yaus siv lawv cov riam yas txhawm rau suam lwm yam khoom xyaw.

## Cov Lus Qhia rau Cov Me Nyuam Yaus

- Siv ib rab diav, kaus cov hlwb ntawm lub txiv as vos kas dos thiab muab rau hauv lub ib lub tais.
- Siv ib rab diav rawg, quj cov hlwb txiv as vos kas dos kom txog thaum nws ua kua nyeem, tab sis kom tseem tshuav ua tej lub me thiab.
- Tsuav xis lees thos thiab hauv paus dos ntsuab. Rau txuj lom xis lees thos thiab hauv paus dos ntsuab rau hauv txiv as vos kas dos uas tau quj lawm.
- Phua txiv qaub ua ib nplais ib nplais thiab nyem ob nplais txiv qaub rau hauv txiv as vos kas dos uas tau quj lawm.
- Tsuas yog do kom sib xyaw.
- Noj nrog rau khaub noom (tortilla chips) los yog cov zaub uas suam lawm.

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](http://www.foodliteracycenter.org)**

