

Kua Duab Zaj Sawv

Kev Tau Txais: 4 tais nyob rau ntawm 2 khob

Cov Khoom Xyaw

1 khob hauv paus dos, li ntawv 1 lub hauv paus dos me

1 khob txuj lom xis laws lij (celery), 2-3 tug kav

1 khob cov zaub ntug hauv paus liab

1 khob zaub qhwv paj dawb, 1/ 4 lub

2 khob cov txiv lws suav

2 nplais qij, tsuav

2 khob kav zaub tshav (chard) los yog lwm cov nplooj zaub

2 Dia diav ntev roj kib zaub

1 Pob Koom Rau Kua Duab Zaj Sawv

1/ 2 khob noob khus is naus (quinoa), tsaug dej txias

1 kas poos (14.5 oz) cov txiv lws suav uas rau piab nuas tsawg, muaj kua

8 khob dej

Ntsev thiab hwj txob txhawm rau kom qab



Cov Lus Qhia rau Cov Neeg Loj

Saib xyuas qhov cub thiab saib lauj kaub, thiab pab cov me nyuam do lauj kaub.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Tsuav cov hauv paus dos, txuj lom xis laws lij, cov zaub ntug hauv paus liab, zaub qhwv paj dawb & cov txiv lws suav uas tej lub me me 6 sab xwm fab li 1/ 4 inch. Nws tseem ceeb uas tsuav txhua yam kom loj sib luag. Siv lub tsuav zaub los yog riam tsuav qij. Ntshi los yog tsuav cov nplooj zaub tshav (chard) ua tej txoj; tsuav cov kav zaub tshav.
- Ntawm lub lauj kaub rau kua 6-8 quart, kib roj kib zaub kom kub tshaj ib nrab. Rau ntxhua yam zaub tsuav thiab qij, tab sis tsis yog cov nplooj zaub tshav (chard). Rau tas nrho hnab khoom rau kua duab zaj sawv. Kib kom kub tshaj ib nrab, do qee zaus qee zaus, li 5 feeb.
- Tig pob ua kom kub mus rau qhov siab, do noob khus is naus (quinoa) rau ceev ceev, cov txiv lws suav uas kaus poom (nrog rau cov kua), thiab dej. Muab npog ib sab hau thiab tsuas coj los hau lawm xwb. Txo qhov kub nqis thiab ncu li 15 feeb. Muab hau npog ib sab, do qee zaus qee zaus.
- Muab zaub tshav (chard) rau thiab txuas ntxiv ncu li 5 feeb, muab hau npog ib sab. Rau ntsev thiab hwj txob txhawm rau kom qab. Dau kua hauv lauj kaub los rau nrog noob khus is naus (quinoa). Rau noj thiab noj tau lawm!

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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



Ntawv Qhia Ua Pob Khoom Rau Kua Duab Zaj Sawv



Kev Tau Txais: 1 pob khoom rau

Cov Khoom Xyaw

- 3/ 4 dia diav tshuaj yej hmoov kua txob phav phis kaj (parika) qab zib
- 1/ 2 dia diav tshuaj yej ntsev huv
- 1/ 2 dia diav tshuaj yej noob khus mis (cumin) zom
- 1/ 2 dia diav tshuaj yej zaub txhwb qaib zom
- 1/ 4 dia diav tshuaj yej hwj txob dub zom
- 1/ 4 dia diav tshuaj yej tawv ntoo xis nas moos (cinnamon) zom
- 1/ 4 dia diav tshuaj yej qhiav zom
- 1/ 8 dia diav tshuaj yej kua txob xes yis nis (cayenne) zom

Cov Lus Qhia rau Cov Neeg Loj

Pab rau qhov twg uas xav tau kev pab.

Cov Lus Qhia rau Cov Me Nyuam Yaus

- Muab cov khoom xyaw tas nrho saum toj sib xyaw rau hauv ib lub tais me los yog lub hnab.
- Muab cia rau ib qho chaw uas txias, qhuav. Cov khoom rau yuav kaws cia tau li ntawm ntaus as thiv.

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