

FIKRADO CUSUB!

SAMEE PESTO MACAAN

Isticmaal waxa aad jeceshahay – kiis, midho iyo/ama cagaar. Ku wada shub mishiinka wax qasa:

- ½ koob oo ah saliid seytuun
- 2-8 mir oo ah toon
- ½ koob oo ah jiis (jiiska fadhiya)
- ½ koob oo ah miraha geedaha (miraha pine ama walnuts)
- 3 koob oo ah basil (oo koobka aad ugu cadaadisay) – waxa kale aad isticmaali kartaa:
 - Cagaarka: sida Isbiinaaj, kabsarta, kaarootka, ama khudaarta dusha ah
 - Dhirta xididada leh sida: barankooli, kale, ama khudaarta cassaanaka ah (laga dhigay jileec)

Qas ilaa inta ay dareere adkaaday noqonayso; kudar cusbo iyo basbaas si ay dhadhan u yeeshaan.

Ku kaydi talaagada ilaa 2 asbuuc.

Ku darso baastada ama marso burka, kaluunka, ama digaaga.

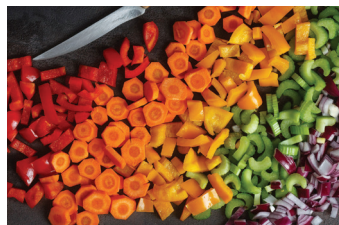
SAMEE CHILI MACAAN

Caadiyan qaabka loo sameeyo waa:

- 2 basal (oo jarjaran)
- 3-6 mir oo ah toon (oo jarjaran)
- Khudaar jarjaran (1 ama 2 barbarooniga cagaarka ah, oo lagu daray waxyaabo kale sida kaarootka, celery-ga, baronkooliga.)
- Basbaas qalalan (2 Qaado oo ah xawaaji iyo 2 Qaado oo ah basbaaska budada ah)
- 6 koob oo digir ah (3 koob oo ah digirta qalalan oo habeenkii biyo lagu radiyay ama 2 qasacadaha waawayn la miiray oo la biyo raaciyey)
- 6 koob oo ah yaanyo diirka laga qaaday oo la burburiyay (ama 2 qasaacad oo ah “crushed tomatoes”, oo wata cabitaankooda)
- Waad iska dhaafi kartaa: ku dar kasta oo laga tagay

Soo qaado birta wax lagu shiilo kadib saar dab meel dhexaad ah, kudar 2 qaado oo saliid seytuun ah iyo basal, toon, basbaas, iyo khudaar. Walaq illaa ay jileec ka noqdaan. Kudar yaanyo, iyo digir. Kudar 1 ama 2 koob oo ah biyo, haddii aad u baahan tahay. Dabka saar ha kareene. Yaree kuleelka dabka daboolkana saar muddo 1-2 saacadood ah. Kudar cusbo iyo basbaas si ay u dhadhamaan.

Waxaad isku dayi kartaa inaad cuntada sideeda u diyaarisoo ama waxaad ku dari kartaa maadooyinka aad haysato iyo kuwa aad jeceshahay.



#EndFoodWaste

Kaydi \$\$\$ & Yaree Qashinka: SII QORSHEE



Asbuuciiba mar, fiiri jikada si aad u garatid waxa aad haysato:

- Haddii ay gabawday, qorshee inaad isticmaasho

Ka fikir sidaad u isticmaali lahayd waxa aad haysato

- Go'aanso waxa aad dooneyso inaad soo gadato

Usoo adeeg
qaboojiyahaaga
iyo kabarka
jikada marka
koowaad



Mar kasta sameyso liis kahor inta aadan aadin bakaarka, si aad:

- Usoo gadato waxa liiska kujira oo kaliya
- Wax kasta oo aad u baahan tahay

Kadib marka aad soo adeegato:

- Geli waxyaabaha cusub kabarka jikada gadaasha/gudaha sheyyaasha ay isku midka yihiin ee horey u yaalay
- Markaad sameyso sidaan, waxaad arkaysaa kuwii hore ayagaana hor cuneysaa



Ka baar "End Food Waste" barta OCRRA.org

NEWMOA
NORTH EAST WASTE MANAGEMENT OFFICIALS' ASSOCIATION
NEWMOA.org

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COMMUNITY REUSE AND RECYCLING
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