

Dalabka aasaaska dugsiga barbaarinta oo Deyrta 2019

Isbuuc 1
isbuucyada
35, 41, 47

ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac Boorishka dabiiciga ah miraha berry puree juuska dabiiciga ah	Mishaarida isku darka ee boorishka dabiiciga gabalada miraha	Dabiiciga boorishka daqiiqa qamadiga miraha puree	Rootiga badarka soosajka beerka jokoleed kulul xididka qudaarta adag	4-cambuulada badarka ee boorishka dabiiciga rootiga jilcan miraha berry puree
Qado Tuuna-baasta alfoorna S H D U ansalaato	Maraqa soosajka W B U gabalada qudaarta rootiga jilcan Boorishka tufaaxa duban W B U VEG suugada faniila S B U	Muufada Isbiinajka S baradho la shiiday S B U miraha lingon ee la shiiday ukun rootiga jilcan ansalaato	Baradhada hilibka mi- raha alfoornada la shiidan S B D U ansalaato	Digaaga kaariga S B H D U mugdi ama bariiska qamadiga ansalaato
Cuntada qudaarta Baastada digirta cagaarka- alfoornada S U	Maraqa basbaaska macaan ee shiidan W B U VEG jiiska jilicsan	Muufada Isbiinajka S	Baradhada-qudaarta alfoornada la shiidan (digirta) W B U VEG	Kaariga Qudaarta S B
Cuntada fudud Ansalaatada miraha rootiga jilcan	Baayga subaga karootada kor loogu daadiyay ukun jeexyada qudaarta / gabalada	Aan macaaney yoogadka dabiiciga ah iyo miraha berry puree	Boorishka miraha ga- duudan la shiiday ama dhirta qamadiga iyo boo- rishka beriga, miraha berry	Baradhada ceeshka jiiska xididka qudaarta adag

Dalabka aasaaska dugsiya barbaarinta oo Deyrta 2019

Isbuuc 2
isbuucyada
36, 42, 48

ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac Boorishka dhirta badarka minshaari miraha puree	Mishaarida boorishka ee boorishka dabiiciga wareegyada rootiga galalada miraha	Budada mishaarida rootiga jilcan rootiga saliida qudaartad galalada qudaarta	Rootiga simman jiis lagu daadiyay galalada qudaarta / -qeybaha	Dabiiciga 4-badarka boorishka miraha berry
Qado Suugada kabaabka W B D U, aan macaaney yoogadka S B U, baroon ama bariiska badarka buuxo ansalaato	Alfoornada Digirta cagaaran S U rootiga jilcan ansalaato	Jiiska ku daboolan kaluunka S B H D U xididka qudaarta baradhada la shiiday S B U ansalaato	Maraqa Hilibka Shiidan W B D U rootiga jilcan galalada qudaarta Miraha dabiiciga	Bayga hilibka digaaga W B H D U suugada yaanyada S B H D U bariiska-qudaarta ansalaato
Cuntada qudaarta Misirta hindida la kariyay W B U VEG aan macaaney yoogadka S B U	Alfoornada Digirta cagaaran S U	Bayga qudaarta S B U ama W B U VEG	Maraqa xididka miraha S U jiiska	Bayga qudaarta (digirta) W B U VEG
Cuntada fudud Kaastarda beeri rootiga jilcan jiiska	Rootiga badarka tuuna lagu daadiyay jeexyada qudaarta / galalo	Baayga subaga kor loogu daadiyay ukun xididka qudaarta adag	Boorishka cusub ee boorishka dabiiciga ah ama boorishka miraha jajabyada miraha	Hot dhoog galalada miraha

Dalabka aasaaska dugsiya barbaarinta oo Deyrta 2019

Isbuuc 3
isbuucyada
37, 43, 49

ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac Dabiiciga 4-badarka boorishka miraha puree	Mishaarida boorishka ee boorishka dabiiciga miraha puree xididka qudaarta adag	Aan macaaney yoogadka dabiiciga ah iyo boorish rootiga jilcan, gabalada qudaarta	Boorishka jariirta miraha berry xididka qudaarta adag	Budada mishaarida ee boorishka dabiiciga rootiga jilcan qeybaha qudaarta
Qado Hilibka shiidan-baastada la kariyay W D U ansalaato	Maraqa qudaarta la shiiday S B U, rootiga jilcan, burcad-kaburcadka dabiiciga- galeyda dhinaca W B U VEG gabalada qudaarta Bayga beriga W	Balanboolada suugada macaan iyo dhannaanka W B H D U bariis madow ama miromiro ah ansalaato	Hilibka jiirta kaluu-meystaha W B D U ansalaato rootiga jilcan	Faraha kaluunka W B H D U ama W H D U suugo qabow W B H D baradho la shiiday S B U ansalaato
Cuntada qudaarta Casserole baasta iyo suuga (digirta) W U VEG	Maraqa qudaarta S B U burcadkaburcadka dabiiciga- galeyda dhinaca W B U VEG	Xididka qudaarta-digirta la kariyay W B U VEG	Misirta-qudaarta alfoornada S B U	Baayga qudaarta (digirta) W B U VEG
Cuntada fudud Boorishka beri miraha berry	Ceeshka guriga jeexyo ukun ah xididka qudaarta adag	Muufada karootada miraha lingon ee la shiiday	Cabitaanka miraha ee caanaha subaga dabiiciga ah rootiga dhirta qamadiga dhir lagu daadiyay	Biisada qudaarta

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Isbuuc 4
isbuucyo
32, 38, 44,
50

ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac Boorishka sareenta dabiiciga ah miraha berry puree	4-cambuulada badarka ee boorishka dabiiciga miraha berry puree jeexyadaqudaarta / - galalada	Boorishka dabiiciga ah maraqa beriga galalada qudaarta / - jeexyo	Wareega rootiga rootiga saliida qudaartad jokoleed kulul xididka qudaarta adag	Mishaarida dhirta badarka ee boorishka dabiiciga rooti jilcan, jiis galalada miraha
Qado Suugada baastada W B H D U baastada Darka ansalaato	Miksikaanka qudaarta la kariyay W B baroon ama bariiska badarka buuxo rootiga jilcan, ansalaato	Bayga kaluunka W H D U ama galalada hilibka (jiirta hibilka) W B H D U, suu- gada mayooneeska liimada W B H D, baradho,ansalaato	Maraqa digirta W B H U, galalada qudaarta /- qeybaha, rootiga jilcan, Canjeerada S H D bee- riga la shiiday	Baastada-hilibka shiidan ee alfoornada S D U iyo W D ansalaato
Cuntada qudaarta Suugada digirta cad S B U	Miksikaanka qudaarta la kariyay W B	Faraha qudaarta W U VEG	Qumbada digirta baroonka- maraq W B U VEG	Baastada qudaarta alfoornada (digirta) S U
Cuntada fudud Kareemka miraha rootiga simman	Boorishka dhirta badarka masgada dabiiciga ah iyo miraha berry puree	Hilib shiidan / Cuntada aan nacfiga xoola- ha laheen qeybaha qudaarta	Rootiga jilcan jeexyada qabow galalada miraha	Qaabka guriga ah (2-3 ba- deeco tusaale ahaan rooti ama lakab, ukunta-jeexjeex / buuxsamay qaybta rooti cunto la dhex gashay, qay- bta cusub)

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Isbuuc 5
isbuucyo
33, 39, 45,
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ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac Boorishka dabiiciga ah miraha puree juuska dabiiciga ah	Boorashta qamadiga dabiiciga ah gabalgabal rootiga simman qeybaha qudaarta	Rootiga jilcan jeexyo ukun ah gabalada qudaarta	Grye gruel oo dabiici ah gabalgabal rootiga jilcan xididka qudaarta adag	Boorishka jariirta miraha berry puree
Qado Kuuskuuska hilibka W U iyo W D U, suugada baroonka S H D U, ba- radho la shiiday S B U ansalaato	Maraqa digaaga W B H D U rootiga jilcan gabalada qudaarta Doolshada jiiska	Shaqada makaroonida karsan D ansalaato	Kaluunka raanbowga la kariyay S B H D U wareega rootiga ansalaato	Suugada hilibka duuban- soosajka W U baradho ansalaato
Cuntada qudaarta Baayga digirta la burbu- riyay (digirta baroonka ah) W B U ama W B	Maraqa isbaanishka L K ukun	Shaqada makaroonida karsan D	Qudaar-maraqa difirta alfoornada S B U	Maraqa soosajka digirta cad W B U VEG
Cuntada fudud Aan macaaney yoogadka dabiiciga ah miraha berry puree rootiga jilcan	Rootiga badarka tuuna lagu daadiyay gabalada qudaarta	Boorishka bariiska miraha berry	Wareega rootiga jeexyada qabow xididka qudaarta adag	Kaastarka miraha rootiga jilcan jiiska

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Isbuuc 6
isbuucyo
34, 40, 46,
52

	ISNIIN	TALAADO	ARBACO	QAMIIS	JIMCO
Qurac	Dabiiciga cambuulada boorishka badarka miraha la shiiday	Minshaarida boorisha ama booishka cusub ee boorishka dabiiciga ah, rootiga jilcan gabalada qudaarta	Boorishka jariirta miraha beriga la shiiday	Wareega rootiga jiiska jokoleed kulul xididka qudaarta adag	Mishaarida isku darka ee boorishka dabiiciga rootiga jilcan gabalada qudaarta
Qado	Suugada hilibka shiidan W D U baastada Darka ansalaato	Digaaga baradhada la la kariyay S B H D U ansalaato	Kuusaska qudaarta S B U ama W B U VEG maraq-garoor S B H D U rootiga jilcan baradho la shiiday S B U ansalaato	Maraqa kaluunka S B H D U gabalada qudaarta rootiga jilcan Miraha dabiiciga	Digaaga yaanyada ku jirtosuugada W B H D U mugdi ama bariiska badarka buuxo ansalaato
Cuntada qudaarta	Pea goat bolognese W B U VEG	Kareemka qudaarta-digirta W B U VEG	Kuusaska qudaarta S B U ama W B U VEG	Maraqa misirta S B U	Qudaarta korma oo ay la jiraan jiiska cad W B U VEG
Cuntada fudud	Rootiga jilcan jeexyada qabow gabalada miraha	Boorishka miraha jajabyada miraha	Rootiga badarka, rootiga saliida qudaartad, juuska dabiiciga ah, gabalada qudaarta / -qeybaha	Canjeerada karootada ama canjeero jaamka beeri	Qaabka guriga ah (tusaale ahaan dambiisha qudaarta-miraha, suugada ku taabsiga, rootiga)