

TAN
PREPARASYON:
Soti 6 rive 10 minit

FÈ:
6 pòsyon
(1 tas pou chak pòsyon)



ENGREDYAN:

- 1 bwat konsèv (14,5 ons) pwa vèt, ki koule epi rense
- 1 bwat konsèv (15 ons) pwa pinto oswa gabannzo, ki koule epi rense
- 1 bwat konsèv (15 ons) pwa wouj, ki koule epi rense
- ½ piman dous vèt, koupe pou fè ti moso
- 2 kiyè pou kafe sik
- 6 kiyè a soup vinèg sid pòm
- 3 kiyè a soup lwl vejetal
- ¼ kiyè a kafe pwav nwa
- ¼ kiyè a kafe sèl (fakiltatif)

Nutrition Facts

6 servings per container	
Serving size	1 Cup (237g)
Amount Per Serving	
Calories	250
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 36g	13%
Dietary Fiber 11g	39%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3mg	15%
Potassium 799mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

EKSPLIKASYON:

- Anvan w kòmanse prepare resèt la:
 - Lave piman dous vèt la.
 - Rasanble, koupe pou fè ti moso epi mezire tout engredyan yo.
- Melanje pwa vèt yo, pwa pinto oswa gabannzo yo, pwa wouj yo ak piman dous vèt la nan yon gwo bòl.
- Nan yon ti bòl, melanje sik la, vinèg la, lwl la ak pwav nwa a. Vide melanj likid la sou pwa yo ak piman dous vèt la epi melanje yo ansam.
- Goute l epi ajoute sèl si w vle.
- Sèvi l touswit oswa mete l nan frijidè pou nwit la pou yon pi bon gou toujou.
- Mete rès ki rete a nan frijidè nan limit 2 èdtan. Manje l nan 3 jiska 5 jou.

Sèvi ak kreativite w! Eseye ajoute zonyon ki koupe pou fè ti moso, lòt legim oswa pat ki kwit.

Pou plis ebfòmasyon sou EFNEP, vizite:

<https://efnep.ifas.ufl.edu>

Materyèl sa a baze sou travay ke Enstiti Nasyonal Manje ak Agrikilti (National Institute of Food and Agriculture), Depatman Agrikilti Ameriken (U.S. Department of Agriculture), EFNEP sipòte. USDA ak Ekstansyon IFAS Inivèsite Florida a se founisè ak anplwayè ki garanti egalite chans.