

TAN
PREPARASYON:
3 minit

TAN POU'L
KWIT:
5 minit

FÈ:
4 pòsyon
(1 ½ tas pou chak pòsyon)



ENGREDYAN:

1 bwat konsèv (15 ons) pwa pinto, wouj oswa nwa, ki pa koule

1 bwat konsèv (15 ons) gress mayi antye, ki koule OSWA 1 ½ tas mayi konjle

1 bwat konsèv (15 ons) tomat ki kraze, ki pa koule

Poud chili selon gou w

Sòs piman (fakiltatif)

Nutrition Facts

4 servings per container	
Serving size 1 1/2 Cups (320g)	
Amount Per Serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 960mg	42%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 4mg	20%
Potassium 758mg	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:

1. Rasanble tout engredyan yo.
2. Vide pwa yo avèk likid la, mayi a ak tomat yo avèk likid la nan yon gwo kaswòl sou dife mwayen. Ajoute yon ti kantite poud chili epi brase l pou w melanje l.
3. Kontinye brase l sou dife mwayen jiskaske l bouyonnen epi l byen chofe.
4. Goute l pou w detèmine si w vle ajoute plis poud chili.
5. Sèvi l cho (avèk sòs piman si w vle).
6. Mete rès ki rete a nan frijidè nan limit 2 èdtan. Manje l nan 3 jiska 5 jou.

Sèvi ak kreativite w! Eseye ajoute poud lay; vyann ki koupe pou fè ti moso epi ki kwit; zonyon ki koupe pou fè ti moso ak/oswa piman dous vèt oswa wouj ki koupe pou fè ti moso nan etap #3 resèt la.