

SOUP BWOKOLI AK FWOMAJ

TAN
PREPARASYON:
5 minit

TAN POU'L
KWIT:
30 minit

FÈ:
5 pòsyon
(1 tas pou chak pòsyon)



ENGREDYAN:

3 kiyè a soup lwl
vejetal

1 zonyon mwayen, ki
koupe nan fòm ti kib

3 kiyè a soup farin ki
bon pou fè tout bagay

4 tas bwokoli ki poupe
pou fè ti moso

3 tas dlo

1 kib bouyon poul

½ kiyè a kafe pwav nwa

¼ kiyè a kafe poud lay

½ tas lèt

4 ons fwomaj, ki graje (1
tas graje)

Nutrition Facts

5 servings per container

Serving size 1 Cup (372g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 17g

22%

Saturated Fat 5g

25%

Trans Fat 0g

Cholesterol 25mg

8%

Sodium 190mg

8%

Total Carbohydrate 16g

6%

Dietary Fiber 5g

18%

Total Sugars 5g

0%

Includes 0g Added Sugars

0%

Protein 11g

22%

Vitamin D 0.5mcg

2%

Calcium 251mg

20%

Iron 1mg

6%

Potassium 306mg

6%

*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, koupe nan fòm ti kib, graje epi mezire tout engredyan yo anvan w kòmanse prepare resèt la.
2. Chofe lwl la nan yon gwo kaswòl sou dife mwayen. Ajoute zonyon an epi kwit li pandan anviwon 2 minit jiskaske zonyon an mou epi transparan.
3. Ajoute farin nan kaswòl la epi kwit li pandan 1 minit, pandan w ap brase l san rete.
4. Ajoute bwokoli a, dlo a, kib bouyon an, piman dous lan ak poud lay la.
5. Bese dife a sou mwayen dou epi kwit li pandan anviwon 20 minit oswa jiskaske bwokoli a vin mou. Brase l tanzantan pou anpeche soup la kole nan kaswòl la.
6. Retire l sou dife a, ajoute lèt la ak fwomaj la epi brase l jiskaske fwomaj la fonn.
7. Remete l sou fou a epi kwit li sou dife dou pandan anviwon 2 jiska 3 minit jiskaske soup la byen cho. Sèvi l touswit.
8. Mete rès ki rete a nan frijidè nan limit 2 èdtan. Manje l nan 3 jiska 5 jou.

Sonje: Resèt sa a konjle byen. Dekonjle l nan frijidè a pandan nwit la, apresa rechofe l epi manje!

Sèvi ak kreativite w! Ajoute lòt legitim tankou pwa oswa mayi ki konjle oswa kawòt graje nan etap #4 la.

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 sisòpte. USDA ak Ekstansyon IFAS Inivèsite Florida a se founisè ak anpliwayè ki garanti egalite chans.