

TAN
PREPARASYON:
12 minit

TAN POU'L
KWIT:
10 minit

FÈ:
6 pòson
(1 tas pou chak pòson)



ENGREDYAN:

- 1 kiyè a soup lwl vejetal
- 1 ti zonyon, ki koupe pou fè ti moso
- 2 piman dous vèt, ki koupe pou fè ti moso
- 1 tèt chou mwayen, ki koupe pou fè ti moso
- ½ kiyè a kafe poud lay
- 3 kiyè a soup sòs soja

EKSPLIKASYON:

1. Lave tout legim yo.
2. Rasanble, koupe pou fè ti moso epi mezire tout engredyan yo anvan w kòmanse prepare resèt la.
3. Chofe lwl la nan yon pwalon.
4. Ajoute zonyon an, piman dous vèt la, chou a ak poud lay la nan pwalon an epi kwit li sou dife mwayen jiskaske legim yo vin mou.
5. Ajoute sòs soja a epi brase l pou w melanje l.
6. Sèvi l tou cho.
7. Mete rès ki rete a nan frijidè nan limit 2 èdtan.
Manje l nan 3 jiska 5 jou.

Sèvi ak kreativite w!

- Sèvi l avèk diri konplè oswa òj pou fè l tounen yon repa prensipal.
- Eseye ajoute lòt legim oswa vyann ki kwit ke w genyen soulamen.
- Itilize piman dous wouj olye piman dous vèt.

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.

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.