

**TAN  
PREPARASYON:**  
10 minit

**FÈ:**  
16 pòson  
(½ tas pou chak pòson)



## ENGREDYAN:

1 bwat konsèv (15 ons) pwa wouj, ki koule epi rense	1 bwat konsèv (15 ons) tomat ki kraze oswa ki koupe nan fòm ti kib, ki pa koule
1 bwat konsèv (15 ons) pwa nwa, ki koule epi rense	½ zonyon, koupe pou fè ti moso
1 bwat konsèv (15 ons) mayi, ki koule epi rense	3 sitwon vèt, prije (si w vle)
1 bwat konsèv (4 ons) piman vèt ki koupe pou fè ti moso, ki pa koule	1 kiyè a soup lwl vejetal Sèl selon gou w Pwaw nwa selon gou w Sòs piman (si w vle)

## Nutrition Facts

16 servings per container	
Serving size	
Calories	80
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 192mg	4%

\*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:
  - Ouvri, koule epi rense pwa yo ak mayi a.
  - Ouvri piman yo ak tomat yo, men pa koule yo
  - Koupe rès engredyan yo pou fè ti moso epi mezire yo.
  - Lave epi prije sitwon yo nan yon ti bòl (si w ap itilize yo).
- Melanje pwa wouj yo, pwa nwa yo, mayi a, piman yo, tomat yo ak zonyon ki koupe pou fè ti moso a nan yon gwo bòl.
- Ajoute ji sitwon an (si w ap itilize l) ak lwl la nan melanj pwa a epi brase l dousman pou konbine yo.
- Goute l. Ajoute yon ti kantite sèl ak pwaw nwa si w vle.
- Sèvi l tankou yon sòs avèk *Baked Tortilla Chips (Tchips Tòtiya ki Kwit nan Fou)* ki nan liv kizin *Eating Smart • Being Active Let's Cook! (Manje ak Entelijans • Rete Aktif Ann Fè Manje!)* a ak/oswa legim kri.
- Mete rès ki rete a nan frijidè nan limit 2 èdtan. Manje l nan 3 jiska 5 jou.

**Sèvi ak kreativite w!** Ranplase ak nenpòt kalite pwa ou genyen. Fè l pi pike lè w ajoute alapinyos koupe pou fè ti moso oswa sòs piman.

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.