

Tus Qauv Qhia Ua Taub Dag Thaib ~~Curry~~ (Thai Pumpkin Curry Recipe)

~~Txaus Noj: 4-6 pluag~~

Khoom: 4-6 Kev Pab Cuam

Khoom Sib Tov:

2 lub taub dag me (small squashes/pumpkins) (li ntawm 3 1/2 phaus)

Roj olive

2 khob b mov txua

1 1/2 Tablespoons roj olive

2-3 ~~Diav~~Tablespoons kua txob Thaib ua tus qauv cov ~~curry~~ liab (Thai red curry paste)

~~lb~~4-poom 15-oz kua mis maj phaib uas tsis nyeem (lite)

2 lub kua txob Thaib los sis

½ ~~Diav kua txob sib tov~~teaspoon ~~cayenne pepper~~ (nyob ntawm koj xav tso)

1 ~~Diav~~Tablespoon ~~naab pas~~

1 ~~Diav~~ ~~teaspoon~~ piam thaj nyoos

1 khob taum Fab kis (French beans), muab phua ob sab

1 lub kua txob ~~pawg~~ liab (red bell pepper), muab hlais ua tej tug

½ dos daj, hlais ua ib feem pluab (quartered)

lb co zaub ntshw, muab hlais ua me me

5-7 nplooj zaub txig theem (basil leaves), muab dua

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

- Taw lub qhov cub kom kub mus txog 400 (degrees) F.
- Pab saib xyuas kev hlais zaub thiab ua noj saum lub qhov cub.

Lus ~~Taw~~ Qhia Rau Cov Me nyuam Yaus

- Muab cov taub phua ua ob sab ces kaus cov noob tawm. Muab ib daim ntawv daim ntawm qhia ~~baking sheet~~ nrog ntawv ci ces pleev cov roj ~~olive~~ rau txiv ntseej. Muab cov taub tso rau daim ntawv ~~ghia~~~~baking sheet~~, sab tawv tig tuaj. Cub rau li ntawm 30 feeb, los sis kom mos thiab thaum siv rab riam nkaug tseem tsis tau lwj heev.
- Siv ib lub lauj kaub los sis tsu ua mov los pib ua cov mov. Muab ua noj raws li cov lus qhia hauv lub hnab mov.
- Muab roj hliv rau ib lub yias loj ~~loj~~ thiab taws qhov cub kom ib nyuag yau (medium heat). Daus cov kua txob curry rau hauv cov roj. Muab do ua ke thiab taws qhov cub kom yau, kib kom tsw qab, li ntawm 10 ~~feeb~~~~chib~~ (seconds). Muab theem kua maj phaib uas nyeem sau toj daus xyaw nrog cov kua txob kib. Muab do sib xyaw. Maj mam muab cov kua maj phaib hliv tso rau hauv lub yias thiab muab do kom sib xyaw (li ntawm 1 los sis 2 feeb).
- Ntxiv ¼ khob dej rau cov kua hauv yias, nrog rau cov kua txob los sis ~~cayenne~~ ~~kua txob xyaw~~ (yog tias koj siv), ~~naab pas~~, thiab piam suab thaj. Muab haus kom npau ~~txiv~~mentsis.
- Muab cov taub kaus tawm. Ces muab cov taub, kua txog pawg, taum, dos, zaub txig theem, thiab ~~cayenne~~ ~~kua txob xyaw~~ (yog tias siv), ces taws qhov cub kom yau thiab muab kib kom siav tiamsis cov zaub tseem tsis tau tuag ces muab rho tawm.
- Daus noj nrog mov, tso zaub ntshw rau.

Tus Qauv Ua Taum Qhuav ~~Noj~~ (Dried Beans Recipe)

KhoomTxaus Noj: 4-6 ~~khobpluag~~

Khoom Sib Tov

2 khob taum qhuav, muag yaug

1 gos fab ki(carrot)

1 nplooj suab ntsuab eelery stalk

1 hauv paus dos loj

2 lub qej

DiavTablespoon-roj olive txiv ntseej

3 nplooj ntug (bay leaves)

1 teaspoon-diav cumin

Tso ntsev raws li koj nyiam

Lus ~~Taw~~-Qhia Rau Cov Neeg Laus

Pab cov menyuam ua zaub mov noj ntawm qhov cub, haus dej npau, thiab xyuam xim.

Lus ~~Taw~~-Qhia Rau Cov Me_nyuam Yaus

- Muab cov taum tso rau hauv ib lub tais loj ~~lej~~. Tso dej rau hauv (cov dej yuav tsum npog cov taum li ntawm 2-3 yas tes.) Muab lub hau khw lub tais. Muab cov taum tso rau hauv dej kom tag ib hmos, los_sis li ntawm 8-~~teevxaub-moos~~.
- Muab cov dej hauv tais taum hliv rau ib lub pob tawb. Muab taum yaug.
- Muab cov zaub-gos fab ki (carrot), eeleryzaub ntsuab, thiab hauv paus dos loj hlais kom ntev li 1 yas tes. Muab cov qej tsuav kom mos mos.
- Muab roj hliv rau ib lub lauj kaub thiab taws qhov cub kom yau (medium heat).
- Muab cov gos fab ki(carrot), zaub ntsuabeelery, haus paus dos dawb thiab qej tso hauv lauj kaub thiab do kom siav (li ntawm 3-5 feeb). Tso cov taum thiab ~~bay leaves-nplooj ntug~~ rau hauv, tso dej ntiv (cov dej yuav tsum npog cov taum li ntawm 2 yas tes).
- Taws qhov cub kom hlob thiab hau kom npau. Ua tib zoo muab tej npuas daus pov tseg.
- Muab hau khwb thiab tua qhov cug kom yau kom nws maj mam npau ntxiv-mentsis. Cia nws maj mam npaum ntxivmentsis-kom ntev li 20 mus rau 40 feeb, los_sis thaum cov taum mos tuaj.
- Ntxiv ntsev thiab cumin. Muab do. Tshem tawm cov bay leaves thiab cia kom txias mam li noj.
- Cov taum uas seem muab tso hauv tub yees noj tau rau ~~li~~-intawm 1 lub lim tiam.

Ua Zaub Dumpling Noj (Vegetable Dumplings Recipe)

~~Tx~~aus noj: 25 lub dumpling

Khoom: 25 lub mov ci

Khoom Sib Tov

1 khob zaub qhwv, hlais kom nyias nyias

1 lub qe

2 ~~Diav~~Tablespoons roj ~~txiv ntseej~~olive

1/4 khob gos fab ki (carrot), muab hlais

1/2 khob nceb, muab hlais

3/4 ~~teaspoon~~-~~diav~~ qhiav, zom kom mos

1 ~~Tablespoon~~-~~Diav~~ dos, muab hlais kom nyias nyias

2 3/4 ~~Diav~~ ~~teaspoon~~-ntsev, muab sib faib

8 khob dej

1/4 khob dej

1 ~~Diav~~Tablespoon hmoov pheeb

25 cov ncuav qhwv ~~khob noomwonten~~ (round wonton wrappers) (muaj muag nyob rau sab muag zaub hauv koj lub kiab khw muag khoom noj)

Lus ~~Taw~~-Qhia Rau Cov Neeg Laus

Pab saib xyuas cov me_nyuam kom paub siv riam thiab ua noj ntawm qhov cub.

Lus ~~Taw~~-Qhia Rau Cov Me_nyuam Yaus

Npaj Cov Zaub Qhwv Rau Hauv Cov Mov CiDumpling

- Muab 1/2 ~~teaspoon~~-~~diav~~ ntsev tso rau cov zaub qhwv ces muab cia ib pliag mam siv.
- Taws qhov cub kom yau (medium) los kib lub qe. Thaum siav muab tso rau ib lub tais thiab muab cia ib pliag mam siv.
- Muab roj olive tso rau ib lub yias ces taw qhov cub kom yau. Ces muab cov gos fab ki (carrots), nceb, cov qhiav uas zom mos, thiab dos los kib thiab tso ntsev li 1/4-~~diav~~~~teaspoon~~. Muab kib kom nceb mos, li ntawm 5-8 feeb. Muab tej kua lim pov tseg ces muab cov zaub kib ntawd xyaw nrog cov qe.
- Muab cov dej lim tawm ntawm cov zaub qhwv. Ces muab cov qe thiab zaub kib sib xyaw ua ke.

Qhia Qhwv Mov CiDumpling

- Muab cov dej thiab hmoov pheeb xyaw ua ke rau hauv ib lub tais me ~~me~~.
- Muab cov ncuav qhwv tuav rau ib sab tes ces daus 1 dia zaub mus tso rau hauv nrab daim qhwv. Muab cov hmoov pheeb uas xyaw nrog dej plhws cov ntug ntawm cov qhwv. Muab cov ntug tais ces qhwv. Koj yuav xav muab qhwv kom zoo nkauj li cas los tau.

Muab Cov ~~Dumpling~~-Mov Ci Ua Kom Siav

- ~~Rhaub~~ dej kub kom npau hauv ib lub lauj kaub ces tso 2 ~~teaspoon~~-~~diav~~ ntsev rau hauv. Kom ib tug neeg laus pab muab ib nrab cov ~~mov ci~~dumpling-tso rau hauv lub lauj kaub, kom thiaj li siav sai.
- Li ntawm 2 feeb, cov ~~dumpling~~mov ci uas siav lawm yuav npau los sau lub lauj kaub, ces muab ~~thaus~~~~he~~ tawm thiab ntsw nrog kua txob taum pauv! (Sesame Soy Dipping Sauce!)

Ua Kua Sesame Soy Ntsw Noj (Sesame Soy Dipping Sauce Recipe)

~~Khoom Txuas noj~~: 1/2 khob

Khoom Sib Tov

1/4 khob ~~kua txob kib~~ (soy sauce)

1/4 khob ~~mov qauv~~ (rice vinegar)

2 ~~Tablespoons Diav~~ roj ~~noob hnav~~ (sesame)

1 ~~diavteaspoon~~ hmoov kua txob (nyob ntawm koj xav tso)

Lus ~~Taw~~ Qhia Rau Cov Menyuam Yaus

Muab cov ~~soy sauce~~ ~~kua txob kib~~, ~~dej qaub~~ (vinegar), roj ~~noob hnav~~ ~~sesame~~ thiab hmoov kua txob sib xyaw ua ke tso rau hauv ib lub tais me ~~me~~. Muab cov ~~mov cidumpling~~ los ntsw noj!

Tus Qauv Kib Mij Yij Pooj Noj (Stir Fried Japanese Noodles Recipe)

KhoomTxuas noj: 2 khob

Khoom Sib Tov

1/2 Diav~~Tablespoon~~-roj txiv ntseejolive
4 lub qej, muab tsuav ntxiv mentsis
1 ~~small-carrot~~gos fab ki me, muab hlais kom nyias nyias
1/4 hauv paus dos loj, muab hlais kom nyias nyias
1 ~~teaspoon-roj-sesame~~diav roj noob hnav
1 pob 7 ~~pob mijoz-udon-noodles~~-(cov mij fawm tuab tuab)
1 ~~teaspoon-soy-sauce~~diav kua txob kib, los sis tso raws li siab nyiam
1/2~~diav-teaspoon~~ naab pas, los sis tso raws li siab nyiam
2 pob zaub ntsuab ~~greens~~ (bok choy los sis choi sum), muab cov nplooj txhem
1 lub qe, muab do kom sib xyaw lub nkaub
2 kua txob Thaib liab, muab hlais kom nyias nyias (nyob ntawm koj xav ua)
1 ~~Tablespoon-soy-sauce~~Diab kua txob kib(nyob ntawm koj xav tso)

Lus ~~Taw~~-Qhia Rau Cov Neeg Laus

Pab saib xyuas cov me nyuam kom paub siv riam thiab ua noj ntawm qhov cub.

Lus ~~Taw~~-Qhia Rau Cov Menyuam Yaus

- Hauv ib lub yias, taw qhov cub kom yau (medium) muab roj tso rau hauv ces kib cov qej. Kib 1 feeb, ces ntxiv cov carrot thiab dos. Muab kib li ntawm 2-3 feeb kom cov gos fab ki (carrot)~~mes~~.
- Muab cov roj ~~sesame-noob hnav~~ thiab cov mij ~~udon-de~~-rau. Siv rawg ~~chopsticks-rab rawg~~los ~~deua~~ kom cov mij txhob sib nplaum ua ke hauv lub yias. Muab kib ntxiv li ntawm 3 feeb kom cov mij muas. Tso cov soy sauce thiab naab pas rau hauv.
- Tso cov zaub ntsuab thiab kib li ntawm 2-3 feeb kom cov zaub siav tiam sis tseem tsis tau tuag.
- Muab cov mij thiab cov zaub theej tso rau ib lub tais. Ces siv tib lub yias ntaw yd, los kib qe. Thaum twb yuav siav lawm, muab cov mij thiab zaub tso rau hauv. Muab kib xyaw nrog lub qe thiab sib xyaw do txhua yam ua ke.
- Nyob ntawm koj xav tso: Muab cov kua txob Thaib tso rau ib lub tais me ~~me~~. Tso cov kua txob kibsoy-sauce-nrog. Muab cov mij thiab zaub ntsuab cov kua no yog koj xav noj kom ntsim!

Tus Qauv Ua Cov Xam Lav Mij Zucchini ~~Xam Lav Nej~~ (Zucchini Noodle Salad Recipe)
~~Txauv Nej~~Khoom: 6 khob

Khoom Sib Tov

4 zucchini, hlais cov ntug pov tseg

1 khob sungold tshuaj kho mob(cherry tomatoes), muab hlais nrab

1 khob taum dub

1/4 khob salsa

1/4 khob roj txiv ntseej~~olive~~

1/4 khob dej qab zib (feta cheese), cov ua hmoov tej thooj

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

Siv lub tshuab hlais (spiralizer) cov zucchini kom nyias li ib co mij.

Lus ~~Taw~~ Qhia Rau Cov Me_nyuam Yaus

- Siv ib ram riam los hlais cov ntug ntawm lub zucchini. Ces muab cia ib pliag mam siv.
- Muab cov txiv lws phua ob sab. Ces muab cia ib pliag mam siv.
- Kom ib tug neeg laus pab muab ib lub zucchini tso rau lub tshuab hlais kom ua ib co mij. Muab tus tes tig kom zom lub zucchini ua mij. Rov qab ua li no kom txiav tag.
- Muab cov mij zucchini no tso rau ib lub tais. Muab cov tshuaj kho mob(cherry tomatoes), taum dub, roj olive, thiab salsa xyaw nrog. Muab cov tsij feta tso rau.

Tus Qauv Ua ~~Dib Liab Thiab Dib~~ Xam Lav Dib Mav MausNoj (Minted Watermelon Cucumber Salad Recipe)

KhoomTxaus noj: 4-6 khob zaub xam lav

Khoom Sib Tov

1/2 lub dib liab ~~medium~~mas maus, muab txiav ua tej thooj 1/2" thawv muaj(cubes)

2 lub dib, muab txiav ua tej thooj 1/2" thawv muaj (cubes)

8 nplooj pum hub

1 lub txiv maj naus, phua ua ob sab

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

Siv ib rab riam loj los hlais lub dib liab ua tej thooj.

Lus ~~Taw~~ Qhia Rau Cov Me nNyuam Yaus

- Muab lub dib liab thiab dib hlais ua tej thooj ces tso rau ib lub tais ~~lej~~ loj.
- Siv koj txhais tes los muab cov nplooj pum hub dua ua tej daim me me.
- Ces muab xyaw cov dib liab thiab dib mas maus.
- Nyem cov kua maj naus rau lub tais uas muaj cov dib nyob hauv.
- Maj mam muab do. Muab rau noj lauj!

Tus Qauv Ua Xam Lav Elote ~~Noj~~ (Elote Salad Recipe)

~~Khoom Txauv noj~~: 2 ~~txog mus rau~~ 2 1/2 khob

Khoom Sib Tov

3 lub pob kws

1/4 khob ~~sour~~ cream gaub los_sis Mexican crema

1/4 khob zaub ntshwb

Kua ntawm 1 lub maj naus

1 ~~teaspoon diav~~ hmoov kua txob, nyob ntawm koj xav tso

1/2 ~~teaspoon diav~~ hwj txob

1/4 ~~teaspoon ground diav av~~ oregano

2 ~~Tablespoons Diav cov tshuaj~~ cotija cheese zom kom mos

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

Pab cov me_nyuam ua noj ntawm qhov cub.

Lus ~~Taw~~ Qhia Rau Cov Me_nyuam Yaus

- Muab cov plhaub pob kws tev. Siv ib rab ciaj los tais cov pob kws no tso rau lub qhov cub, taws qhov cub kom yau ci cov pob kws no. Ci cov pob kws no li ntawm 2-3 feeb. Koj yuav pib hnov tsw ha thiab pob kws tawg, ib yam li kib pob kws. Lub pob kws yuav pib dub tuaj. Ces tam sim no, tig lub pob kws ci rau sab tove, li ntawm 2-3 feeb. Rov ua li no rau cov pob kws tagrho. Muab tej pob kws cia kom txias rau li ntawm 5 feeb.
- Thaum tseem cia cov pob kws txias, muab cov zaub ntshw tsuav los_sis muab dua. Ces muab tso rau ib lub tais lojlej.
- Ces siv ib rab riam pleev nplem los kuam cov pob kws rau hauv lub tais loj. (Tswv yim: saib peb daim yeeb yaj kiab qhia ua li no!)
- Ntsuas thiab tov cov ~~sour~~ cream gaub los_sis crema, zaub ntshwb, kua maj naus, hmoov kua txob (yog tias koj siv), hwj txob, oregano, thiab tshuaj cotija cheese. Muab do ua ke. Noj lauj!

CovUa Mov Qab Zib Dai-Daj &thiab Tus Qauv Xam Lav Kale ~~Noj~~ (Brown Rice & Kale Salad Recipe)

KhoomTxaus-noj: 1 1/2 khob

Khoom Sib Tov

1 khob mov daj

1/4 khob kale, muab suam (los_sis lwm yam zaub xam lav twg los tau)

1/4 kho gos fab ki (carrots), zom kom mos

1 ~~Tablespoon-Diav~~ dos

3 ceg zaub ntxhwb, hlais kom nyias (nyob ntawm koj xav tso)

1/4 khob Khoom Tsim Zib Ntab(Honey Soy Dressing)

Lus ~~Taw~~-Qhia Rau Cov Neeg Laus

Saib xyuas thiab pab seb cheem tsum kev pab twg.

Lus ~~Taw~~-Qhia Rau Cov Menyuum Yaus

- Siv tej riam yas lossis koj txhais tes los muab cov zaub kale dua, cov dos, thiab zaub ntxhwb hlais kom me. Muab tso rau ib lub tais me.
- Siv ib lub twj kuam cov gos fab ki (carrot) kom mos ces muab ntxiv nrog cov zaub nyob hauv lub tais.
- Hauv ib lub tais loj, muab cov mov thiab cov zaub sib xyaw ua ke.
- Tov cov Zib Ntab(Honey Soy Dressing) ces muab sib xyaw.
- Muab htiab txaus siabrau-noj-lauj!

Tus Qauv Ua Xam Lav Ua Mij Soba ~~Xam Lav Noj~~ (Soba Noodle Salad Recipe)

Khoom Txaus noj: 6-8 khob

Khoom Sib Tov

13 ooj(ounces) cov mij soba uas qhuav lawm

1 khob zaub (seasonal vegetables), muab hlais kom me*

1 lub dib, hlais kom nyias

5 dos, muab hlais

1 tes zaub ntshwb, muab hlais – li ntawm 1/2 khob

1 qos fab ki (carrot), muab zom kom mos – li ntawm 1 khob

1/2 lub taub hau zaub qhwv me me, muab zom kom mos – li ntawm 2 khob

1 khob Noob hnav Txiv Qaub hnav ris tsho (Sesame Lime Dressing)

*cov zaub raws caij nyoo caij ntuj zaub~~seasonal-vegetable~~: 2 lub zucchini thaum txog caij sov, 2 lub kua txob phawv thaum caij nplooj zeeg

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

- Muab dej kub rhaub hauv ib lub lauj kaub loj, ces muab cov mij soba tso rau hauv thiab cia kom npau raws li cov lus qhia ntawm nws lub hnab ntim mij hais, los sis hau kom cov mij muas tuaj. Ua zoo saib thiab muab do tas li.
- Hliv cov dej pov tseg ces muab dej txias los yang cov mij. Muab tso cia ib pliag mam siv.

Lus ~~Taw~~ Qhia Rau Cov Me nNyuam Yaus

- Muab cov zaub zucchini, dib, dos, thiab zaub ntshwb hlais. Muab tso cia ib pliag mam siv.
- Siv cov qhov loj ntawm koj lub kuam zaub (grater), kuam zom kom txaus 1 khob qos fab ki (carrot) thiab ib sab ntawm lub zaub qhwv. Muab tso cia ib pliag mam siv.
- Muab tag nrho cov mij soba, zucchini, dib, dos, qos fab ki (carrot), thiab zaub qhwv ua ke.
- Muab cov kua caij ntuj zaub~~Sesame Lime Dressing~~ cov rau cov zaub thiab mij ces muab do xyaw ua ke. Muab rau noj ~~tam siyam txau siab~~!

Tus Qauv Ua Kua Sesame Noob Hnav Maj Naus (Sesame Lime Dressing Recipe)

Khoom Txauv noj: li ntawm 1 khob

Khoom Sib Tov

1 lub qej, hlais kom nyias nyias

2 diav roj txiv noob hlav~~teaspoons roj sesame~~

1/3 khob mov dej qauj (rice vinegar)

1/3 khob tshuaj (soy sauce)

2 ~~Tablespoons honey~~Diav zib ntab

Cov kua thiab tawv (lime zest) los ntawm lub 1 maj naus

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

Pab cov me₂ nyuam ntsuas cov khoom sib tov.

Lus ~~Taw~~ Qhia Rau Cov Menyuum Yaus

- Siv ib lub twj tsuav mov los₂ sis rab riam los hlais kom cov qej mos nyoos.
- Ntsuas thiab tov cov roj noob hlav~~sesame~~, mov qaub (rice vinegar), tshuaj (soy sauce) rau ib lub hwj uas muaj hau uas kaw tau.
- Tov cov qej, kua maj naus, thiab tawv maj naus rau hauv.
- Muab lub hwj kaw kom ntom, thiab co mus co los kom cov khoom sib tov zoo.

Tus Qauv Ua Pob Kws Maj Naus Nrog Kua Txob-~~Noj~~ (Chile Lime Street Corn Recipe)

KhoomTxaus-noj: 4 lub pob kws

Khoom Sib Tov

4 lub pob kws qab zib, muab cov plhaub tev tawm

1/4 khob roj olive

1 ~~Tablespoon-Diav~~ hmoov kua txob

1 ~~Tablespoon-Diavdried~~ oregano ghuav

1 ~~Tablespoon-Diav~~ hwj txob

1 ~~teaspoon-diav~~ ntsev

1 lub maj naus, muab hlais ua peb plaub sab

Lus ~~Taw~~-Qhia Rau Cov Neeg Laus

- Taws qhov cub kom yau (medium). Siv ib rab ciaj los tais cov pob kws ci ntawm qhov cub, muab tig ci rau txhua sab li ntawm txhua 1-2 feeb, kom hnov cov pob kws tawg thiab ci kom nkig rau txhua sab.
- Muab cov pob kws uas siav lawm tshem tawm thiab cia nyob kom txias li ntawm 5 feeb, txias tsim nyog rau me_nyuam kov tau.

Lus ~~Taw~~-Qhia Rau Cov Me_nyuam Yaus

- Ntsuas cov roj txiv ntseejelive, hmoov kua txob, oregano, hwj txob thiab ntsev ces muab tov rau hauv ib lub tais me~~me~~.
- Muab rab pleev kua (pastry brush) los pleev roj rau cov pob kws. Muab cov pob kws tso rau ib lub phaj tais loj. Phoo cov txuj lom rau lub pob kws, muab tig sab kom tso txuj lom txhij.
- Rov ua li tau hais no kom siv tag_nrho cov hmoov txuj lom. Nyem kua maj naus rau txhua lub pob kws.
- Noj thaum tseem sov.

Kua Peruvian Ntsuab ~~Ntsw~~ (Peruvian Green Dip)

~~Khoom Txawx noj~~: 2 khob kua

Khoom Sib Tov

1 lub kua txob~~g~~ phawv jalapeño, muab hlais ua plaub feem thiab tshem tawm tus cag

1 lub qej, muab plhaub tev

1/2 khob ~~tshuaj~~ (mayonnaise)

1 ~~teaspoon diav~~ roj ~~olive txiv ntseej~~

Kua los ntawm ib lub maj naus

1/4 ntawm ib lub zaub ~~xas lav~~ (romaine lettuce), muab hlais ua tej daim, txhem tawm cov ntug

1 khob zaub ntshwb

3 tus dos, muab hlais tsis loj tsis me, txhem tawm cov ntug

Tso ntsev raws li nyiam

Lus ~~Taw~~ Qhia Rau Cov Neeg Laus

Pab siv lub tshuab zom zaub mov.

Lus ~~Taw~~ Qhia Rau Cov Menyuum Yaus

- Muab tag_{nrho} cov khoom hais sau~~ve~~ sib tov tso rau ib lub tshuab zom zaub mov. Ces muab zom kom sib xyaw thiab ua kua.
- ~~Cov lus qhia Tswv yim~~: Siv cov kua no los ntsws tej zaub, los_{sis} muab tso rau taco noj thiab tso rau tej ~~mov qab zib~~ (sandwich) noj los tau.