

# Mōnā in Asian ko kōmat in stir fry

## Kōmmane 8 kattōn ien mōnā ko

220 calories, 4.8 gram in kirijj, 0.5 gram in kirijj eo etutu, 33 gram in kōmakmōk, 5 gram in fiber, 6.3 gram in juka, 210 gram in jool, 8.3 gram in kanniōk

(Lale bwe kwōn kadrik lok jool eo ilo bean ko, lutōklok dan eo, kōjerbal tōmato ko ejjelok jool ie im joouju eo edrik jool ie ak low-sodium)

## Kein Kāre:

- 3 kap in raij (raij mouj ak raij burau)
- 2 Tbsp. oil (olive ak canola)
- 1 15-aunij canned diced tōmato (emman lok elañe kwojjab illik jool)
- 11 15- aunij canned black bean, (edrik an jool ak lutōklok im karreoiki)
- 1 anien emman joñan im en māni mwijmwij ko
- 1 kap karōt (en aetok mwijmwij ko)
- 2 kap in brocolli
- 2 kap in juka snap peas
- 1 red bell pepper ne ekilep, im en aidik mōttan ko kwōj mwijiti
- 2 tebōl jipuun in joouju eo edrik jool ie
- 1 tsp garlic powder
- 1 tsp ground ginger (ak 4 tsp ginger kāal eo emōj jukjuki)
- 2 tsp in sesame seeds



Note: vegetable ko jet: bell pepper, anien, mushroom, squash, zucchini

## Kōmelele ko:

### Stovetop:

1. Kōmate raij eo ekkar ñan kōmelelle ko ilo book eo ñan kōmmane 3 kap.
2. Kōmānān olive oil eo ilo juon būrae paan im kobaik waj vegetable ko im kōmmate mae ien epidodo.
3. Kobaik waj sesame seeds im joouju im kalibubuiki iumwin 5 minit.
4. Kobaik waj raij eo ilo būrae paan eo im jo waj ippān vegetable ko.
5. komaroñ bar illik jidik joouju, mae ien enno am edjoñe.

### Microwave:

1. Kōmate raij eo ekkar ñan kōmelele ko ñan kōmate raij eo.
2. Kobaik vegetable ko, jooujusoy sauce, im olive oil ilo bowl eo ej jerbal ilo microwave.
3. kōmānān e mae ien epidodo.
4. o waj raij, veggie ko, im sesame seed ko ippān dron.
5. Bar lewaj joouju ñe ej aikuj.



# Iiōk in Bao im Juub in Rajj

## Kōmman 8 kattōn ien mōnā ko

279 calories, 9 grams Fat, 1.7 grams Saturated fat, 28 grams Carbohydrate, 5.4 grams Fiber, 3.4 grams Sugar, 330 mg Sodium, 22 grams Protein

(Lale bwe kwōn kōjerbal chicken broth edrik an jool, kuwat in vegetable ko im lutōklok dānin im kwali, bao eo emouj kanniek in im emōj katibidikdiki kadede im kanniek ko eddo kōlar ko aer im buraun raij)

## Kein Kāre:

- 3 kap in raij ededelok kōmate (buraun ak mouj) raij
- 3 kap in bao ededelok kōmate ak en itipdikdik
- 5 kap in chicken broth (komaroñ in kōjerbal vegetable broth ak aibōj)
- 2 kap anien kāäl, karōt im celery
- 1 15-aunij kuwat in peas (lutōklok dānin im karreioki ak edrik an jool, lutōklok)
- 1 15- aunij kuwat in corn (lutōklok dānin im karreoki ak edrik an jool, lutōklok)
- 2 Tbsp. oil (olive ak canola)
- 3 garlic clove, mwijiti
- 1 jalapeño, mwijiti jōkjōk wōt jukweea (Ñe kwōj kōnaan)

Note: Kāäl ak vegetable ko rekwōj remaroñ bōk jikin men kein ilōn ak kuwat in vegetable (lutōklok dānin im kwali)



## Spice ko jet:

- 2 tsp cumin
- ½ tsp jool
- ½ tsp pepper
- 1 tsp chili powder
- ¼ tsp cayenne pepper ak joñan eo emman
- ¼ kap in cilantro emōj mwijiti (Ñe kwōj kōnaan)

## Kōmelele:

1. Likit juon ainpat eo emman joñan ak ekilep im kōmānān ilōn in medium-high heat im lewaj 2 tbsp in oil ion ainpat eo.
2. Ilo tōre eo ebwil oil eo, lewaj anien, kārōt, im celery im sautē iumwin 1-2 minit.
3. Kobaik garlic ko emōj mwijiti (im ñe kwōj kōnaan illik jalapeno) im kōmate ippān vegetable ko mae ien ewalok bwiin garlic eo.
4. Likūt jidik jool im black pepper, im seasoning im sautē ilo jet minit.
5. Ilo tōre eo veggie ko rej jino pidodo kobaik waj bao/veggie.
6. Kōmman bwe soup eo en bwil ak bulullul, im, kadiklok ñan low heat. Kalibubu ainpat eo im en bulullul iumwin 20 minit, mae ien epidodo veggie ko.
7. Kobaik waj ubonob in bao ko emōj kajidikdikiki, peas, corn, im kōmati iumwin 5 minit.

