

# Healthy Somali Cooking for Your Body and Your Family

*You and your family can eat healthy and still enjoy traditional Somali foods!*

*Learn to prepare foods in a healthy way and add more fruits and vegetables into your snacks and meals.*



## Karinta Cunto Soomaali Caafimaad u leh Jirkaaga iyo Qoyskaagaba

*Adiga iyo qoyskaagaba waxaad cuni kartaan cunto caafimaad leh idinka oo weli ku raaxaysanaya dhadhanka cuntadii Soomaali dhaqanka u lahayd!*

*Baro sida loogu diyaariyo hab caafimaad leh looguna daro khudaar iyo midho dheeri ah cuntada iyo cuwaaftaba.*

## Cooking Tips

These recipes are designed to help you create healthy Somali foods for you and your family. Before you start, you can review these techniques that will be used in the recipes:

**Filming:** When you are using oil to cook in a pan or oven dish, instead of pouring the oil in the pan, do this to help you use less oil: take a paper napkin or paper towel and pour a bit of oil onto the end. Use the end to rub the oil all over the surface you are going to bake or cook on.

**Very Hot Baking:** Instead of frying food, try to use very hot baking. Prepare the food in the same way you would for frying. Turn your oven on very hot, to 425 degrees. Film the bottom of an oven pan with oil. Put the food into the pan. You can put a small amount of oil on the top of the food, but only a capful or less. Bake for ten minutes and check to see if crispy. Keep baking until it is as crispy as you want, check every 5 minutes.

**Salt Substitute:** It's important to try to use less salt in your cooking, and here is one way you can do it. Create your own salt substitute and use it instead of real salt as you cook. Put together 1 large pinch of salt and two large pinches of sesame seeds. Put them in a hard bowl and smash them together until they are all mixed up. Use this instead of real salt.

**Rinsing the Meat:** If you are using ground meat, you can use a higher fat content beef (like 73% instead of 90% lean). After you have cooked it, run the meat under water to rinse off the extra fat. Then use for your meal.



## Talo kooban

Tusmooyinkan waxaa loo habeeyey in ay kaa caawiyaan sidii aad u diyaarin lahayd cunto Soomaali caafimaad u leh adiga iyo qoyskaaga. Inta aadan bilaabin kahor, isha mari tilmaamahan oo ah kuwo aan isticmaali doono.

**Filming:** Marka aad isticmaalayso saliid ee aad maqle wax ku karinayso ama saxanka Ovenka la geliyo halkii aad saliida kaga shubi lahayd guntiisa sidan isticmaal oo ah mid kaa caawinaysa in aad saliida yarayso. Waxaad soo qaadataa tiish ama maro kale kadib waxyar oo saliid ah dhinac kaga tifqi. Kadiba ku masax maqlaha guntiisa oo saliida wada gaadhsii.

**Dab kulul ku dubis:** Halkii aad cuntada ka shiili lahayd, waxa aad isku daydaa in aad dab kulul ku dubto. U diyaari cuntada habkii aad u diyaarin lahayd marka aad dubayso. Daar ovenka oo gee 425 degree. Saliid ku masax gunta maqlaha. Cuntada maqlaha ku rid, wax yar oo saliid ah waad marin kartaa cuntada korkeeda, furka muggii ama wax ka yar. Dub toban daqiiqo kadibna fiiri in ay dubantay. U daa dabka illaa ay noqota sida aad u rabto, eeg 5tii daqiiqaba mar.

**Cusbada bedelkeeda:** Waa muhiin in aad isku daydo in aad cusbada yarayso marka aad wax karinayso, hal hab oo aad u samaynkarto ayaa jira. Waxa aad samaysan kartaa cusbo bedelkeed aad isticmaasho halkii aad cusbada caadiga ah ka isticmaali lahayd. Waxa aad isku dartaa far iyo suul cusbo ah iyo qaadada mugged oo sin sin ah, kadibna isku tun illaa ay is dhex galaan. Isticmaal tan halkii aad cusbo ka isticmaali lahayd.

**Dhaqida Hilibka:** Haddii aad tisticmaalayso hilib la shiiday waxaad isticmaali kartaa midka dufanku ku yar yahay. Marka aad kariso kadib, hilibka biyo raaci si dufanka dheeriga ahi uga baxo. Markaa kadib isticmaal.



## Measurements/Cabiraadda



1 small pinch  
(thumb and one finger)

1 teaspoon=Far iyo suul



1 large pinch  
(thumb and two fingers)

1 tablespoon=Qaado



1 small handful

½ cup=Cantoobo, koob nuskaa



Large, double handful  
(two hands together)

1 cup=1 koob

## Divide Your Plate/Kala qaybi Saxankaaga

When you look at the food on your plate, try to make it like this:

¼ carbohydrate (pasta, rice, bread...)

¼ protein (meat, fish, chicken...)

½ fruits or vegetables

Marka aad firiso cuntada saxanka kuu saaran, isku day in aad ka dhigto sidan oo kale:

¼ inuu yahay kul iyo tamar (Baasto, bariis, rooti...)

¼ barootiin (hibil, kalluun, digaag...)

½ inuu yahay khudaar iyo midho





## RECIPES/DIIWAANKA CUNTADA

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*Artwork by Aziz; used by permission.*

## SOMALI SPAGHETTI

*Cook time approximately 20-30 minutes  
Serves 4 or more people*

1. Boil meat until cooked and tender, about 30 minutes.
2. Drain and rinse the meat.
3. In the same pan, add a capful of oil and carrots.
4. Cook on medium heat for 5 minutes.
5. Add onion.
6. Cook on medium heat until the onion is soft.
7. Add the tomato sauce and tomato and stir.
8. Cook until the tomato dissolves and reduces to a liquid.
9. Add the smashed garlic and cilantro and stir.
10. Add salt to taste and the tomato sauce.
11. Stir everything well then add the cooked pasta.
12. Stir in the pasta and mix well.
13. Turn off heat and serve.

### To cook the pasta:

1. Fill a large pot with water and add one small pinch of salt.
2. Add the pasta (one box) to the boiling water, keep stirring so it doesn't stick together.
3. Cook until tender or about 10 minutes, drain and rinse.

## INGREDIENTS

- 1 box whole wheat pasta
- 2 large handfuls Suqaar (beef cubes)
- 1 small onion, finely chopped
- 1 tomato, cut in cubes
- 2 cloves (2 large pinches) garlic—smashed and chopped
- 4 carrots chopped, 1 large double handful
- 1 small handful cilantro, smashed and chopped
- 2 tablespoons tomato sauce
- Pinch of salt
- 1 teaspoon canola oil

## BAASTO SOOMAALI

*Waxaa la kariya 20 ilaa 30 daqiiqo  
Waxay deeqdaa 4 qof ama in ka badan*

1. Kari hilibka ilaa uu bislaado oo jilco, waa ilaa 30 daqiiqo.
2. Ka miir biyaha.
3. Ku dar fur mugii oo saliid ah iyo kaarootada.
4. Ku kari dab dhex dhexaad ah ilaa 5 daqiiqadood.
5. Ku dar basasha.
6. Isku kari ilaa basashu ka jilicdo.
7. Ku dar yaanyada aad jar jartay.
8. Isku kari ilaa yaanyadu ka bislaato oo biyo noqoto.
9. Ku dar toonta iyo kabsarta—walaq.
10. Ku dar cusbo yaanyada shiidan si dhadhanku u wanaagsanaado.
11. Isku walaq dhamaantood kadibna ku dar baastadii aad karisay.
12. Isku dhex walaq baastada oo isku qas.
13. Ka demi dabka.

### Sidan u kari baastada:

1. Digsii weyn biyo ku shub sadex hal oo cusbo ahna ku dar.
2. Ku dar baastada (hal xabo) biyaha si fiicana u walaq si ayna baastadu isugu dhegin.
3. Marka ay jilicdo ka qaad, ama ilaa 10 daqiiqo biyahana ka miir.

## WAXAY KA KOOBANTAHAY

- 1 xabo oo baasto qamandi ka samaysan
- 2 dhuub oo hilib suqaar ah
- 1 jeex oo basal yar ah, si yar yar loo jar jaray
- 2 xabo oo toon ah, oo la jar jaray
- 4 xabo oo kaarooto ah la jar jaray—labadaada sacab mugood
- Hal dhuub oo kabsar caleen ah, la tumay
- 2 dhuub oo yaanyo shiidan ah
- Sadex hal oo cusbo ah (Wax yar oo cusbo ah)
- Wax yar oo saliida canola ah

## INGREDIENTS

2 cups all purpose flour  
2 cups whole wheat flour  
1¼ cups water  
1 pinch salt  
2 tablespoons oil

### Ingredients for paste to seal wrappers:

2 tablespoons all purpose flour  
2½ tablespoons water

## SAMBUSA WRAPPERS

A traditional fast meal or side dish, the Sambusa can be made with many different fillings. Try these to have either leaner protein like tuna, or to put in more vegetables. You can use this modified wrapper recipe:

*Cook time about 20-30 minutes. Makes about 16 large Sambusa Wrappers.*

1. Add flour, oil, and salt to a pan.
  2. Slowly add the water and mix to form the dough.
  3. The dough should be soft and smooth.
  4. More flour or water may be needed to make the dough.
  5. Once the dough is formed, break into 8 balls.
  6. Roll each ball into a neat circle and roll into flour.
  7. Roll it out fairly thin.
  8. Cut it as a triangle.
  9. Heated in a frying pan.
  10. Fold the Sambusa wrapper into a cone shape by sealing with flour paste.
  11. Each ball makes 2 Sambusa wrappers.
- Although these wrappers are easier to use when fresh, they can be frozen. Just place a piece of wax paper in between each layer so they will not stick together. For an added kick, add a pinch of chili powder to the dough mixture.
- You can also use spring roll wrappers instead of homemade wrappers. These can be re-warmed in the oven. Set the oven on 350 degrees and place the Sambusa directly on the oven rack, and cook for 5-8 minutes. This helps keep the Sambusa crispy and non-greasy.

## WAXAY KA KOOBANTAHAY

2 koob oo daqiiqda caadiga ah  
2 koob oo daqiiqda qamandiga ah  
1¼ koob oo biyo ah  
Sadex hal oo cusbo ah  
2 fur oo saliid ah

### Saambuusaha daqiiqda lagu duubo:

2 qaado oo daqiiqda caadiga ah  
2½ qaado oo biyo ah

## DUUBINKA SAAMBUUSAHA

Waa cunto markasta la cuno ama lala cuno cuntooyinka kale, Saambuusaha waxaa loo samayn karaa siyaabo kala duwan. Isku day in aad ka samaysatid hilibka aan dufanku ku badnayn sida kalluunka tunada ama ku dar khudaar badan. Waxaad isku deyi kartaa habkan loo hagaajiyey:

*Waxaa la kariya 20 ilaa 30 daqiiqo. Waxay noqotaa ilaa 16 xabo oo saambuusa ah.*

1. Ku shub daqiiqda, iyo cusbada maqle
  2. Tartiib ugu dar biyaha oo isku qas cajiinka.
  3. Cajiinku waa in uu jilicsanaadaa si ficanna u qasanyahay.
  4. Ku dar hadii biyo ama daqiiq ay u baahantahay.
  5. Kolka cajiinku samaysmo, u kala jar yar 8 qaybood oo malaasan.
  6. Kala fidi halkii malaasba/kuus oo daqiiq yar ku daadi.
  7. Si wanaagsan u kala bixi.
  8. U kala jar hab sadex gees ah.
  9. Ku kululee maqlaha dusheeda.
  10. Isku laab laba faraq oo si uu u yeesho qaab masafka oo kale ah.
  11. Halkii kuusba waxa uu sameeyaa 2 xabo oo Saambuus ah.
- In kastoo ay fiicantahay in aad isticmaasho cajiin markaas la qasay, haddii aad rabto cajiinka waad barafayn kartaa. Haddii aad talaagada ku kaydinayso hubi in ayna isku dheg dhegin adigoo kala dhex dhelinaya bac. Si uu u sii wanaagsanaado ku daadi dhowr hal oo basbaas ah cajiinka.
- Halkii aad saambuusaha kaga duubi lahayd cajiin aad guriga ku xashtay waxaad isticmaali kartaa mid hore loo soo diyaariyey sida spring roll wrappers. Waxaad dib ugu kululayn kartaa ovenka. Gee oven-ka 350 degree kadibna dhex dhig saambuusaha ovenka oo kari 5 illaa 8 daqiiqo. Tani waxay kaa caawin in saamuubuhu noqdo nooc si fican u dubmay oo aan saliidna lahayn.

## TUNA SAMBUSA

*Cook time about 10 minutes plus stuffing and frying  
Makes about 8-10 large Sambusas*

1. Chop the peppers and onion.
2. Slice the carrots and potatoes.
3. Start by frying the onion in the oil from the two cans.
4. When oil is very hot, put in the carrots and potatoes and cook until tender.
5. Then put in the tuna, spices and hot peppers.
6. When it is all cooked, put dish in the oven at 400 degrees to dry up the liquid.
7. When the mixture looks dry, it is ready to be used as filling.



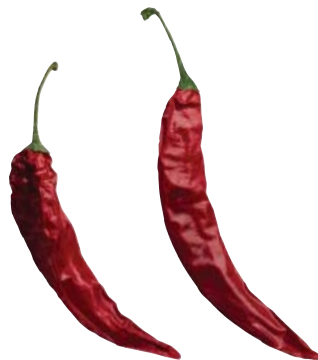
## INGREDIENTS

- 2 cans tuna packed in oil
- 2 cans tuna packed in water
- 1 onion, chopped up
- 2 medium carrots, sliced thin
- 2 small hot peppers, chopped up small
- 2 potatoes, sliced thin

## SAAMBUUSE KALLUUN TUNA

*Wuxuu ku karsamaa 10 daqiiqo waxaa kale oo uu u baahanyahay duubista iyo shiilid. Wuxuu noqon karaa 8-10 Saambuuse oo weyn.*

1. Jar jar basbaas qajiga iyo basasha.
2. Jeex jeex kaarootada iyo baradhada.
3. Ku shiil basasha saliida.
4. Marka ay saliidu aad u kululaato ku dar kaarootada iyo baradhada iskuna kari ilaa ay jilcaan.
5. Kadib ku dar kalluunka iyo xawaashyada iyo basbaaska.
6. Marka ay isku wada karsamaan, geli dheriga oven-ka oo 400 degree jooga si uu uga qalajiyo biyaha.
7. Marka ay u ekaadaan in ay yara qalaleen, waa u diyaar in aad Saambuusaha ku gurto.



## WAXAY KA KOOBANTAHAY

- 2 qasacadood oo kalluun tuna mida saliida ku jira ah
- 2 qasacadood oo kalluun tuna midka biyaha ku jira ah
- 1 xabo oo basal ah oo la jar jaray
- 2 xabo oo kaarooto dhex dhexaad ah, la jar jaray lana yar yareeyey
- 2 xabo oo bas baas qaji ah si yar yar loo jar jaray
- 2 xabo oo baradho si dhuudhuuban loo jeex jeexay

## INGREDIENTS

2 cups ground beef (don't worry about the % lean, you will rinse off the extra fat when cooking)

1½ slice onion, finely chopped

2 tablespoons crushed garlic

1 tablespoon crushed cilantro

A pinch salt

1 teaspoon cumin powder

¼ teaspoon chili powder

1 cup frozen vegetables

## BEEF SAMBUSA

*Cook time about 10 minutes plus stuffing and frying*

*Makes about 14-16 Large Sambusas*

1. Run the frozen vegetables under water for a minute to reduce the ice.
2. Add a small amount of oil to a pan, turn on medium high.
3. Once oil is hot, add the onion, vegetables, and garlic. Fry until onions are tender and the water has evaporated.
4. Add ground beef. When it is almost cooked, remove from the heat and rinse under hot water to get rid of the extra fat.
5. Add the seasoning, cumin, chili powder, cilantro, and salt.
6. Fry until the meat is cooked and all the liquid is dried up (ground beef can give off water when cooked).
7. Make sure the beef is small and fine.

### Cooking the Sambusa:

1. Stuff the wrapper with Sambusa filling. Close the top and seal it with the flour paste.
2. Fry in a small amount of oil, until golden brown.

## WAXAY KA KOOBANTAHAY

2 koob oo hilib lo'aad la shiiday

1½ basal ah  
(si yar yar loo jar jaray)

2 qaado oo toon la tumay ah

1 qaado oo kabsar caleen la tumay

Sadex hal oo cusbo ah

1 qaadada yar oo khamuun la shiiday ah

¼ qaadada yar oo basbaas shiidan ah

1 koob oo khudaarta barafasan ah

## SAAMBUUSE HILIB LO'AAD

*Wuxuu ku karsamaa 10 daqiiqo waxaa kale oo uu u baahanyahay duubista iyo shiidid. Wuxuu noqon karaa 14-16 Saambuuse oo weyn.*

1. Ku shub khudaarta barafaysan biyo dhowr daqiiqo si barafku uga baxo.
2. Ku dar wax yar oo saliid ah maqle, kulayl dhex dhexaad ahna ku shid.
3. Kadib marka ay saliidu kululaato, ku dar basasha, khudaarta iyo toonta, isku shiil ilaa basashu ka jilicdo biyuhuna ka baxaan.
4. Ku dar hilibka shiidan, marka ay isku wada karsamaan ka miir biyaha si baruurta dheeriga ah uga baxdo.
5. Ku dar xawaashyada, khumuunta, basbaasta shiidan, kabsar caleenta iyo cusbada.
6. Isku shiil illaa hilibku si fiican u karsamo kadiba biyaha oo dhami ka gudhaan.
7. Hubi in hilibkibka shiidan yar yaryahay oo duqad yahay.

### Dubista Saambuusaha:

1. Ku gur khudaarta Saambuuska dhexdiisa kadibna afka ka xidh adiga oo daqiiq qoyan afka ka marinaya.
2. Ku shiil Saambuusaha saliid xoogaa ah, illaa uu dubmo.



## SUUGO WITH SUQAAR (TO SERVE WITH PASTA OR ANJEERO)

*Cook time about 40 minutes*

*Serves about 4*

1. Put meat in a large pot with water and a handful of the cilantro.
2. Boil meat for 30–45 minutes or until it is very tender.
3. Chop onion, potato, carrots, green pepper, tomato, and hot pepper.
4. Drain water from the meat and add the oil and onions.
5. Cook on medium to medium high heat until the onions are soft.
6. Add the water, cumin powder, chili pepper, green pepper, spinach, potato, carrot, and garlic.
7. Stir well.
8. Cover and let it gently boil for 10 minutes.
9. Stir again to make sure there is still enough water in the pan, add more if needed.
10. Cover and let it cook about 10 minutes.
11. Stir and make sure the vegetables are tender.
12. Serve.



## INGREDIENTS

- 1½ cups Suqaar meat (beef cubes)
- ½ teaspoon cumin
- 1 cup water
- 1 small bunch cilantro
- 1 tablespoon chopped garlic
- 1 medium sweet potato
- 2 cups spinach, washed
- 2 tomatoes
- 3 carrots
- 1 green pepper
- 1 onion
- 1 hot pepper
- 2 teaspoons canola oil
- Pinch of salt

## SUUGO SUQAAR LEH (OO LAGU CUNO BAASTO AMA CANJEERO)

*Wuxuu ku karsamaa illaa 40 daqiiqo*

*Illaa 4 qof ayay ku filantahay*

1. Ku rid hilibka digsi weyn, kuna dar biyaha iyo gacan mugeed oo kabsar caleen ah.
2. Isku kari 30–45 daqiiqo ama ilaa uu ka jilco.
3. Jar jar basasha, baradhada, barbarooniga, yaanyada iyo basbaaska qajiga.
4. Ka miir biyaha hilibka kadibna ku dar saliida iyo basasha.
5. Ku kari dab dhex dhexaad ah ilaa basashu ay ka jilicdo.
6. Ku dar biyaha, khamuunta, basbaaska, basbaas cagaarka, isbiinajka, kaarootada iyo toonta.
7. Si wanaagsan isugu walaq.
8. Daboolka saar si fiican ha isugu karto toban daqiiqo.
9. Walaq mar kale si aad u hubiso in ay biyo ku filani ku jiraan, ku dar biyo kale hadii ay u baahantahay.
10. Daboolka saar ha isku karsanto ilaa 10 daqiiqo.
11. Isku walaq, hubi in khudaartu ay jilicday.
12. Cuna.



## WAXAY KA KOOBANTAHAY

- 1½ koob oo hilib suqaar ah.
- ½ qaadada yar oo khamuun ah
- 1 koob oo biyo ah
- Wax yar oo kabsar caleen ah
- 1 qaado oo toon la jar jaray ah
- 1 xabo baradho macaan ah
- 2 duub oo isbiinaj ah, oo la dhaqay
- 2 xabo oo yaanyo ah
- 3 xabo oo kaarooto ah
- 1 xabo oo barbarooni ah
- 1 xabo oo basal ah
- 1 xabo oo basbaas qaji ah
- 2 qaadada yar oo saliid canola ah
- Sadex hal oo cusbo ah

## INGREDIENTS

6 chicken legs  
1 tablespoon curry  
1 teaspoon chili powder  
(or more if you like)  
2 tablespoons of  
chopped garlic  
1 onion  
1 teaspoon cumin  
Little salt  
2 tablespoons  
chopped cilantro  
1 tablespoon canola oil

## CHICKEN (TO SERVE WITH RICE OR PASTA)

*Cook time about 1 hour 45 minutes*

*Makes 6 chicken legs*

1. Rinse the chicken and remove some or all of the skin.
2. Mix all of the dry spices and garlic together.
3. Rub the spice mix on the chicken legs.
4. Cover and let sit for 20 minutes.
5. Preheat oven to 400 degrees and add chicken to an oven safe pan.
6. Drizzle the chicken with the oil and put it on the 2nd lowest rack in the oven for 30-35 minutes.
7. Turn over the chicken and cook again for another 30-35 minutes.
8. Check after 30 minutes.
9. Cook until most of the juice is gone and chicken is done.
10. Take out of the oven and sprinkle the cilantro on the top.
11. Serve.



## WAXAY KA KOOBANTAHAY

6 lugood oo digaag ah  
1 qaado oo xawaash ah  
1 qaadada yar oo  
basbaas cas ah  
2 qaado oo toon la jar jaray ah  
1 xabo oo basal ah  
1 qaadada yar oo khamuun ah  
Waxyar oo cusbo ah  
2 qaado yar oo kabsar caleen  
la jar jaray ah  
1 qaado oo saliid canola ah

## HILIB DIGAAG ( LAGU CUNI KARO BARIIS AMA BAASTO)

*Wuxuu ku karsamaa ilaa 1 saac iyo 45 daqiiqo*

*Waa ilaa 6 lugood oo digaag ah*

1. Dhaq digaaga oo ka saar baruurta kare qaarkeed ama dhamaanteed.
2. Isku wada dar dhamaan khudaarta iyo xawaashyada intooda qalalan.
3. Mar mari lugaha digaaga oo ku walaaq.
4. Dabool oo meel dhig illaa 20 daqiiqo.
5. Oven-ka sii kululee illaa 400 degree kadibna geli digaaga adigoo isticmaalaya weel aan guban karin.
6. Digaaga ku tiftifqi xoogaa saliid ah kadibna geli qaybta hoose oo Oven-ka 30 ilaa 35 daqiiqo.
7. Gedi digaaga oo hadana kari 30 ilaa 35 daqiiqo.
8. Fiiri 30 daqiiqo kadib.
9. Kari illaa dheecaanku ka dhamaado digaaga.
10. Kasoo bixi dabka kadibna dusha kaga daadi kabsar caleenta.
11. Diyaari oo cuna.



## RICE TO GO WITH THE SUQAAR

1. Heat oil in a large pot.
2. Add the spices and stir until dissolved.
3. Add the rice and stir-fry for 1 minute to coat the rice with the oil.
4. Add the water and bring to a boil.
5. Reduce heat to very low and cover.
6. Cook for 15–20 minutes or until the rice is tender and water is gone.



## INGREDIENTS

- 2 cups basmati rice, rinsed until liquid is clear
- 1 tablespoon oil
- 1 tablespoon curry
- 1 tablespoon cumin
- 1 pinch salt
- 2 cinnamon sticks
- 5 cardamom pods, crushed
- 5 cloves, crushed
- 3 cups water

## BARIIS LAGU CUNI KARO SUQAARKA

1. Ku kululee saliida digsi weyn.
2. Ku dar xawaajyada oo walaq illaa ay is dhex galaan.
3. Ku dar bariiska oo walaq oo shiil ilaa 1 daqiiqo si bariiska ay saliidu dusha ugaga maranto.
4. Ku dar biyaha kadibna ha karaan.
5. Ka gaabi dabka oo meel hoose gee oo raashinkana dabool.
6. Kari 15 illaa 20 daqiiqo ama ilaa uu bariisku ka jilco biyununa ka gudhaan.

## WAXAY KA KOOBANTAHAY

- 2 koob oo bariis basmati, dhaq bariiska illaa biyuhu ay nadiif noqdaan
- 1 qaado oo saliid ah
- 1 qaado oo xawaaj ah
- 1 qaado oo khamuun ah
- Far iyo suul cusbo ah
- 2 qori oo qolfo ah
- 5 xabo oo hayl ah oo la tumay
- 5 xabo oo hayl dhega yare ah
- 3 koob oo biyo ah

## INGREDIENTS

2 cups basmati rice,  
rinsed until liquid is clear

1 tablespoon and  
1 teaspoon of oil

1 onion, sliced

1 teaspoon curry

1 teaspoon cumin

4 cardamom pods

4 cloves

1 cinnamon stick

3 cups water (a little more  
might be needed)

¼ cup of raisins

## RICE WITH RAISINS AND SWEET POTATOES

1. Heat 1 tablespoon oil in a flat bottomed pot.
2. Add ½ of the onion, curry, cumin, cardamom, cloves, and cinnamon.
3. Sauté until the onion is slightly clear.
4. Stir in the rice and the water.
5. Cover and bring to a boil.
6. Reduce heat and cook until the rice is tender. This can take between 15–20 minutes.
7. Fluff with a fork.
8. In a separate pan, heat 1 teaspoon of oil.
9. Add the other half of the onion and cook for 1 minute.
10. Add the raisins and cook for 1 minute.
11. Put the rice on a serving plate.
12. On top of the rice, put the cooked raisins and onions.

If you want the topping to be orange, you can use orange food coloring. Add it to the onions before you cook them. Let the onions sit for a while so the onions can absorb the color.

*Credit this recipe: <http://tammysomalihome.blogspot.com>*

## WAXAY KA KOOBANTAHAY

2 koob oo bariis basmati ah oo  
aad maydhay ilaa biyo cad ay ka  
baxaan

1 qaado iyo badh saliid ah

1 xabo oo basal ah la jar jaray

1 qaado oo xawaaj ah

1 hal qaadada yar oo  
khamuun ah

4 xabo oo hayl dhago yare ah

4 xabo o hayl cad ah

1 xabo hayl qolfo ah

3 koob oo biyo ah (waxaad u  
baahan kartaa biyo intaas ka  
badan)

¼ koob oo sabiib ah

## BARIIS LEH SABIIB IYO BARADHADA MACAAN

1. Ku kululee 1 qaado mugeed ah oo saliid ah digsi ama weel sal godan.
2. Ku dar nus basal ah, xawaajka, khamuunta, iyo haylka.
3. Isku shiil ilaa basashu yara cadaato.
4. Ku dar bariiska iyo biyaha.
5. Dabool kadibna ha karo dherigu.
6. Dabka u gaabi ilaa bariisku jilco, waxay qaadan kartaa 15–20 daqiiqo.
7. Farageeto yara dhex mari/ku walaaq.
8. Maqle kale ku shub qaadada yar oo saliid ah.
9. Ku rid jeexa kale ee basasha oo isku shiil hal daqiiqo.
10. Ku dar sabiibka oo kari 1 daqiiqo oo kale.
11. Ku rid bariiska saxankii lagu cuni lahaa.
12. Bariiska dushiisa ku daadi sabiibka iyo basashii aad isku karisay.

Haddii aad rabto in qaybta sare ee bariisku noqoto casuus, waxaad ku dari kartaa midabka cuntada. Waxa aad ku dartaa basasha inta aadan karinin. U dhaaf basasha dabka xogaa si ay midabka u qaadato.

*Credit this recipe to: <http://tammysomalihome.blogspot.com>*

## GOAT MEAT (CAN BE SERVED WITH PASTA, RICE, SUKKAR...)

1. In a very large pot put the cut goat meat, a pinch of salt, and half the cilantro.
2. Fill the pot with water.
3. Bring to a boil and cook until meat is tender (about 2 hours).
4. Heat the oven to 425 degrees.
5. Chop the onion and the other half of the cilantro.
6. Take an oven safe pan and, using a paper towel, rub 1 teaspoon oil over the bottom of the pan (this is called “filming”).
7. Place the goat meat in the pan.
8. Sprinkle 1 teaspoon of oil on the meat.
9. Sprinkle the top of the meat with the onion, garlic, and cilantro.
10. Bake in the oven for 10–20 minutes, until it looks crispy and browned.
11. Serve.



## INGREDIENTS

- 2 teaspoons oil
- 1 small onion
- 1 bunch cilantro
- 2 tablespoons crushed garlic
- 1 lb. goat, cut into chunks or cubes
- Pinch of salt

## HILIB ARI (WAXAA LA RAACIN KARAA BAASTO AMA BARIIS)

1. Digsii weyn ku rid hilibka, saddex hal oo cusbo ah, iyo nus kabsar caleenta ah.
2. Ka buuxi digsigi biyo.
3. Ha karaan hal mar kadibna dabka ka gaabi ila hilibku u jilcona u daa (waa ilaa 2 saacadood.)
4. Ku kululee Oven-ka kulayl dhan 425 degree.
5. Jar jar basasha iyo nuska kale ee kabsarta.
6. Qaado maqle Oven-ka la gelin karo oo wax yar oo saliid ah gunteeda mar mari (Filming).
7. Ku rid hilib ariga maqlaha.
8. Ku tifqi 1 qaadada yar oo saliid ah hilibka.
9. Ku daadi basasha, toonta iyo kabsar caleenta hilibka dushiisa.
10. Ku dub Oven-ka 20 illaa 30 daqiiqo, illaa uu dubmo.
11. Cuna.

## WAXAY KA KOOBANTAHAY

- 2 qaadada yar oo saliid ah
- 1 xabo oo basal yar ah
- 1 cantoobo oo kabsar caleen ah
- 2 qaado oo toon la tumay ah
- 1 lbn oo hilib ari ah, jar jar si aan aad u waaweynayn
- Saddex hal oo cusbo ah

## INGREDIENTS

1 cup red beans, sorted, rinsed and soaked overnight or at least 8 hours

1 bunch of kale, roughly chopped

1 medium onion

2 medium tomatoes

½ teaspoon of chili powder

½ teaspoon of curry powder

2 cloves garlic

Pinch of salt

## AMBULLO WITH KALE

*Serves at least 4*

1. Put beans in a large pot with a pinch of salt.
2. Bring to a boil and simmer until the beans are soft (this could take 2–4 hours).
3. Heat the oil in a large pan.
4. Add onions and sauté till light brown.
5. Stir in curry, garlic and cook for 2 more minutes.
6. Chop the kale, onion, and tomato.
7. Crush and chop the garlic.
8. Add the tomatoes; cover and cook till they turn mushy.
9. Now add the chili powder and salt.
10. Mix well and cook for 1 minute.
11. Next add chopped kale.
12. Cover and let it wilt (the kale gets soft).
13. Add the beans with ½ cup water.
14. Cover and cook again till the sauce reaches the desired consistency.
15. Serve with rice.

*Credit this recipe: <http://cooks-hideout.blogspot.com/2008/07/adzuki-beans-kale-curry.html>*

## WAXAY KA KOOBANTAHAY

1 koob oo digir ah, la radiyey hal habeen ama ugu yaraan 8 saacadood

1 xidhmo oo kaallo ah, si waa wayn loo jar jaray

1 xabo oo basal dhex dhexaad le'eg

2 xabo oo yaanyo dhex dhexaad le'eg

½ qaadada yar oo basbaas cas ah

½ qaadada yar oo xawaaji shiidan ah

2 jeex oo toon ah

Wax yar oo cusbo ah

## CAMBUULO LAGU DARAY KAALLO (KALE)

*Illaa 4 qof ayay ku filantahay*

1. Ku shub digirta digsi weyn oo ku daadi cusbo yar.
2. Ha karto kadibna dabka u gaabi illaa digirtu ka jilicdo (waxay qaadan kartaa 2 illaa 4 saacadood).
3. Ku kulee saliid maqle kale oo weyn.
4. Ku rid basasha oo shiil illaa ay shiilanto.
5. Ku dar oo ku walaaq xawaajka iyo toonta oo shiil illaa 2 daqiiqo.
6. Bur buri caleenta kaallada, basasha iyo yaanyanada.
7. Bur buri toonta.
8. Ku dar yaanayada, isku dabool illaa ay isku bur buraan.
9. Hadda ku dar basbaaska cas iyo cusbada.
10. Isku walaaq oo dabool hal daqiiqo.
11. Kadib ku dar kaallada aad jar jartay.
12. Dabool illaa ay isku dhadhaan oo caleenta kaalladu jilicdo.
13. Ku dar hal koob oo biyo ah.
14. Dabool oo dabka u dhaaf illaa ay noqoto jilayca aad rabto.
15. Cuna.

*Credit this recipe: <http://cooks-hideout.blogspot.com/2008/07/adzuki-beans-kale-curry.html>*



## FISH

*Cook time about 5 minutes  
Makes about 4 pieces of fish*

1. Preheat oven to 425 degrees.
2. Mix flour, water, curry, chili powder, salt, cumin.
3. Stir well to get the lumps from the flour out.
4. Coat both sides of the fish with the mixture.
5. Take a paper towel and rub the oil over the bottom of an oven safe pan.
6. Add the fish to the pan.
7. Bake in the hot oven 5–8 minutes.
8. Turn over and bake for 5–8 more minutes.
9. Finish cooking until the fish is completely cooked.
10. Serve.



## INGREDIENTS

4 fish fillet  
1 teaspoon oil  
Flour  
Curry  
Cumin  
Chili powder  
Pinch of salt

## KALLUUN

*Wuxuu ku karsamaa illaa 5 daqiiqo  
Wuxuu noqdaa illaa 4 qaybood oo kalluun ah*

1. Kululee oven-ka kulayl dhan 425 degree.
2. Isku dar daqiiqda, biyaha, basbaaska, cusbada iyo khamuunta.
3. Isku walaq si fican si ay daqiiqdu u bur burto.
4. Labada dhinac ee kalluunka mari.
5. Saliid yar mari maqlaha guntiisa.
6. Ku rid kalluunka maqlaha.
7. Ku dub oven-ka 5 illaa 8 daqiiqo.
8. Dhanka kale u gedi kalluunka oo dub 5 illaa 8 daqiiqo.
9. Kari illaa kalluunku wada karsamay.
10. Cuna.

## WAXAY KA KOOBANTAHAY

Kalluun – bilaa lafo ah  
1 qaadada yar oo saliid ah  
Daqiiq  
Xawaaji  
Khamuun  
Basbaas cas  
Waxyar oo cusbo ah

## INGREDIENTS

- 1 cup whole wheat flour
- 1 cup all purpose flour
- 2  $\frac{2}{3}$  cups warm water
- $\frac{1}{4}$  to  $\frac{1}{3}$  cup yeast
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons oil

## WHOLE WHEAT ANJEERO

*Note: You do not want to use pancake mix, it has extra sugar and salt*

1. Mix all the ingredients except the oil until they are very well blended.
2. Let sit overnight on the counter.
3. Preheat a pan on high heat.
4. Put a small amount of oil on the pan and move it around with a spatula to cover the bottom of the pan.
5. Using a ladle, scoop  $\frac{1}{4}$  cup of batter into the center of the pan.
6. Spread the mixture using the ladle and moving in a circular motion until you make a large circle, the size of the whole pan.
7. Do not flip.
8. The Anjera is ready when the underside is lightly browned and the top is bubbly.
9. Remove the Anjera with a spatula and place on a plate.
10. Repeat until all the mixture has been used.
11. Serve.

## WAXAY KA KOOBANTAHAY

- 1 koob oo daqiiq qamandi ah
- 1 koob oo daqiiqda caadiga ah (all purpose wheat)
- 2  $\frac{2}{3}$  oo biyo diirran ah
- $\frac{1}{4}$  illaa  $\frac{1}{3}$  koob oo dhanaanis ah
- $\frac{1}{2}$  qaadada yar oo cusbo ah
- 2 qaado oo saliid ah

## CANJEERO QAMANDI KA SAMAYSAN

*Xasuusin: Ha isticmaalin pancake mix, waxaa ku jirta cusbo iyo sonkor dheeri ah*

1. Isku walaaq dhamaantood cusbada mooyee illaa ay si wanaagsan isugu qasmaan.
2. Dhig hal habeen.
3. Aad u kululee maqle ama bir canjeero.
4. Wax yar oo saliid ah ku shub daawaha oo gudahiisa oo dhan wada gaadhsii.
5. Adigoo isticmaalaya qaado weyn ama qudde ku rid  $\frac{1}{4}$  koob oo qoosh ah daawaha dhexdiisa.
6. Ku kala bixi qooshka daawaha adigoo ku wareejinaya illaa ay noqoto goobo weyn.
7. Dhanka kale ha u rogin.
8. Canjeeradu waa diyaar marka dhanka hoose uu yar casaado ee dushuna ay soo kacdo.
9. Ka qaad canjeerada daawaha oo saxan ku rid.
10. Ku celi talaabooyinkan ilaa aad dhamaysay qooshka.
11. Cuna.



## MIXED VEGETABLES (TO SERVE WITH RICE OR PASTA)

1. Put the vegetables in a sauce pot with 1 inch of water.
2. Boil until the vegetables are warm and not frozen.
3. Drain the water off.
4. Set the vegetables aside in a bowl.
5. In the pot, add the oil and spices and cook until spices have mixed in.
6. Add the tomatoes and garlic, stir and simmer for 2-3 minutes.
7. Add all of the vegetables, stir and simmer for 2-3 more minutes, until well mixed with the tomatoes.
8. Serve.



## INGREDIENTS

- 1 bag frozen, mixed vegetables
- 2 tomatoes, chopped
- 2 tablespoons crushed garlic
- 1 teaspoon chili powder
- 1 small hot pepper
- 1 teaspoon cumin
- 1 teaspoon oil
- Pinch of salt

## KHUDAAR ISKU DHEX JIRTA (BARIISCAA LAGU CUNI KARAA AMA BAASTADA)

1. Ku shub khudaarta maqle oo ku dar biyo yar.
2. Kari illaa ay khudaartu kululaato oo barafku ka baxo.
3. Ka miir biyaha.
4. Kur rid khudaarta saxan kale oo dhinac iska dhig.
5. Digsii ku shub saliida iyo xawaajyada oo kari illaa ay is wada dhex galaan.
6. Ku rid yaanyada iyo toonta, isku walaq oo huuri 2 illaa 3 daqiiqo.
7. Ku rid khudaarta oo dhan, walaq oo dabool 2 illaa 3 daqiiqo ama illaa ay yaanyadu ku dhex bur burto.
8. Cuna.



## WAXAY KA KOOBANTAHAY

- 1 bac oo khudaar barafaysan ah, nooca isku dhex jira
- 2 xabo oo yaanyo ah, la jar jaray
- 2 qaado oo toon la tumay ah
- 1 qaadada yar oo basbaas cas ah
- 1 hal xabo basbaas qaji yar ah
- 1 qaadada yar oo khamuun ah
- 1 qaadada yar oo saliid ah
- Wax yar oo cusbo ah

## INGREDIENTS

1 can garbanzo beans,  
rinsed and drained  
 $\frac{2}{3}$  cup plain yogurt  
 $\frac{1}{4}$  cup red pepper, chopped  
2 tablespoons fresh mint,  
finely chopped  
1 garlic clove, minced  
 $\frac{1}{2}$  teaspoon ground cumin  
 $\frac{1}{8}$  teaspoon cayenne pepper  
4 standard size pita breads  
Torn romaine leaves  
 $\frac{2}{3}$  cup feta cheese, crumbled

## MINTED VEGGIE PITA POCKET WITH FETA

*Cook time about 2 hours*

1. Mash garbanzo beans in small bowl with fork until somewhat pasty, but still chunky.
2. Combine yogurt, red pepper, green onion, mint, garlic, cumin, and cayenne with beans.
3. Cover and chill mixture for at least 2 hours to blend flavor.
4. Bring to room temperature before serving.
5. Cut pitas in half vertically to form pockets.
6. Line the pita halves with torn romaine leaves and sprinkle feta inside, dividing evenly among pitas.
7. Spoon bean mixture into pitas.
8. Serve.

*Recipes contributed by students in the WellShare Young Achievers Group*



## WAXAY KA KOOBANTAHAY

1 daasad oo digir gabanzo ah,  
oo bigaha laga miiray  
 $\frac{2}{3}$  koob oo ciirta caadiga ah  
(Plain yogurt)  
 $\frac{1}{4}$  koob basbaas qaji ah,  
oo la tumay  
2 qaado oo caleenta sijibiisha  
ah, oo si fican loo jar jaray  
1 jeex oo toon ah  
 $\frac{1}{2}$  qaadada yar oo bas baas  
qaji la tumay ah  
 $\frac{1}{8}$  basbaas mitmitaha cas ah  
4 xabo oo muufo ah  
Saladh la jar jaray  
 $\frac{2}{3}$  koob oo farmaajo ah  
(Feta cheese)

## MINTED VEGGIE PITA POCKET WITH FETA

*Waxay qaadataa 2 saac diyaarintu*

1. Ku shub digirta weel godan kadibna bur buri illaa ay is dheg gasho.
2. Ku dar yoogarka, basbaaska, basasha, toonta, khamuunta iyo farmaajada.
3. Dabool qaboojiyaha geli illaa 2 saacadood si dhadhanku isu gaadho.
4. Kulayl caadi ah gaarsii/ diirimaadka caadiga ah.
5. Laba qaybood oo is leeg u kala qaybi muufada.
6. Dhex geli oo ku saf caleenta saladhka muufada dhexdeeda, kadibna ku daadi xoogaa farmaajo ah.
7. Ku gur digirta muufada dhexdeeda.
8. Cuna.

*Cunto karintan waxaa ku deeqday dhalinyarta ku tirsan  
WellShare Young Achievers Group*



## BASIC FRUIT SMOOTHIE

1. In a blender, combine strawberries, banana and peaches.
2. Blend until fruit is pureed.
3. Add juice and ice.
4. Blend to desired consistency.
5. Pour and serve.



## INGREDIENTS

- 1 quart strawberries, take off the tops
- 1 banana, cut into chunks
- 2 peaches
- 1 cup orange-peach-mango juice
- 2 cups ice

## CABITAANADA LA SHIIDAY

1. Tartiib isugu shiid strawberry-ga iyo caano.
2. Ku dar baraf iyo wax yar oo sonkor ah.
3. Xoog isugu shiid illaa uu jilco oo wada shiidmo.
4. Shiid illaa ay noqota sidaad rabto.
5. Shub oo caba.

## WAXAY KA KOOBANTAHAY

- 1 bac oo strawberry ah, ka jar inta kore
- 1 xabo oo moos ah, oo la kala jar jaray
- 2 xabo oo peach ah
- 1 koob oo casiir liin peach iyo canbe isugu jira ah
- 2 koob oo baraf ah

## MANGO-BANANA SMOOTHIE

1. Combine banana, mango, yogurt and juice in blender.
2. Blend until smooth.



## WAXAY KA KOOBANTAHAY

- 1 banana
- ½ cup frozen mango pieces
- ⅓ cup plain yogurt
- ½ cup orange-mango juice blend

## CABITAAN MAANGO-MOOS

1. Ku rid mooska, canbaha, yoogarka iyo casiirka koobka lagu shiido.
2. Isku shiid illaa ay isku jilcaan.

## WAXAY KA KOOBANTAHAY

- 1 xabo oo moos ah
- ½ koob oo canbe barafaysan ah
- ⅓ koob oo ciirta caadiga ah (Plain yogurt)
- ½ koob oo liin iyo canbe casiir isku jira ah

## INGREDIENTS

1 apple, take out core and chop  
1 banana, peeled  
1 handful blueberries  
1 handful grapes  
1 cup apple juice

## APPLE HEAVEN SMOOTHIE

1. Combine all ingredients and blend on high speed until smooth.
2. Serve immediately and enjoy.



## WAXAY KA KOOBANTAHAY

1 xabo oo tufaax ah, ka saar iniinyaha oo jar jar  
1 xabo oo moos ah  
1 gacan mugeed oo blueberry ah  
1 gacan mugeed oo canab ah  
1 koob oo casiir tufaax ah

## APPLE HEAVEN SMOOTHIE

1. Isku dher dar dhamaantood oo isku shiid illaa ay ka jilcaan oo is dhex galaan.
2. Isla markiiba caba.

## INGREDIENTS

4 large strawberries  
1 teaspoon sugar  
½ cup 2% milk  
1 cup ice cubes

## STRAWBERRY SMOOTHIE

1. Blend strawberries and milk on low speed until smooth.
2. Add ice cubes and sugar.
3. Blend on high speed.
4. The texture of the smoothie should be slushy and smooth.



## WAXAY KA KOOBANTAHAY

4 xabo oo strawberry waaweyn ah  
1 qaadada yar oo sonkor ah  
½ koob oo caanaha 2% ah  
1 koob oo baraf ah

## CABITAAN STRAWBERRY

1. Isku qas strawberry-ga iyo caanaha illaa ay ka jilcaan oo is dhexgalaan.
2. Ku dar barafka iyo sonkorta.
3. Xoog isugu qas.
4. Ha noqdo cabitaanku nooc is haysta oo dixiin ah.





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