

## **KAHVALTILIK SOS**

**Kategori : Salatalar**

**Yayýnlayan [Admin](#) 2015/10/20**

Normal

0

21

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MicrosoftInternetExplorer4

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">MALZEMELER

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">1-3kg. olgun domates

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">2-1kg. Salçalýk kýrmýzý biber

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">3-1kiloya yakýn yepiy sivri biber

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">4-bir bađ maydanoz.

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">5- bir su bardađý zeytinađý

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">6- arzuya göre 6-8 diþ sarýmsak

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">7-- yeterince pul biber ve tuz

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115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">YAPILIPİ:Domates, maydanoz sarýmsak,ve biberleri temizle . derince bir piþirme kabýna dođra. Kendi suyuyla yumusayýncaya kadar piþirdikten sonra robottan geir. Bir bardak zeytinyađý,yeterince tuz ve pul biber ilave et.arzu ettiđin kývama gelinceye kadar piþir.Sýcakken temiz ve kuru kavanozlara doldur. Kapađýný sýkýca kapat. Ters evirerek 24 saat beklettikten sonra serin bir yerde saklamaya al.

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">Not: 1-kavaozu atıktan onra 3- 4 đün buzdolabýnda dayanabilir.

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US"> 2-evinizde diyabetli varsa bir kýmýna örekotu(dövülmüp) ilave et.

none;text-autospace:none" class="MsoNormal">

115%;font-family:Calibri;mso-bidi-font-family:Calibri;mso-ansi-language:EN-US">Wwwpervinengin.net

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