



EVERY MEAL



Hnab Xim Xiav Doog

Muaj cov zaub mov uas cov neeg Asia Sab Qab Teb Hnub Tuaj nyiam noj. Lub hnab ntim khoom no yuav muaj cov khoom xws li mov, fawm, mis nyuj kua txiv maj phaub, ntsuag xyoob, hmoov curry, taum ntsuab, thiab txiv kab ntxwv suav.



Hnab Xim Xiav

Muaj cov zaub mov uas cov neeg Africa Hnub Tuaj nyiam noj. Lub hnab no tsis muaj nqaij npuas thiab tej zaum yuav muaj cov khoom xws li ntses tuna, spaghetti, noob taum ntaws dub, hmoov pob kws, taum fava, thiab cov khoom uas muaj txiv lws suav.



Hnab Xim Daj

Hloov kho nrog tag nrho cov khoom noj tau tam sim ntawd uas tsuas tau npaj me ntsis ntxiv xwb lossis tsis tau npaj dab tsi ntxiv li. Lub hnab no yuav ntim cov khoom xws li txiv hmab txiv ntoo qhuav, laj ntses tuna, laj nqaij qaib, noob paj hnoob hlis, granola, oatmeal, thiab kua zaub.



Hnab Xim Ntsuab

Hloov kho kom muab tau khoom noj khoom haus ntau yam tshaj plaws. Lub hnab no kuj yuav ntim tau cov khoom xws li nqaij qaib, ntses tuna, pasta, mov, khoom noj mac thiab tshij, kua txob/ kua zaub, thiab ntau yam zaub thiab txiv hmab txiv ntoo.



Hnab Xim Txiv Kab Ntxwv

Muaj cov zaub mov uas cov neeg Latino nyiam noj. Lub hnab no yuav muaj cov khoom xws li mov, taum dub, taum pinto, hmoov pob kws, fideo pasta, kua txob enchilada, chipotles in adobo, thiab kua txob suam.