



MAGADZIRIRO EZVEKUDYA KANA TICHIDA KUITA ZVOKUOMESA NEMACHENGETERO

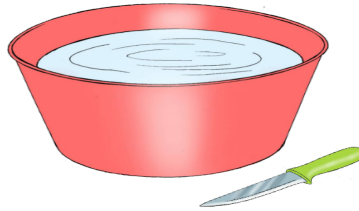
ZVINODIKANWA MUKUWOMESA NYAMA NE HOVE (NYAMA YEMOMBE, NYAMA YENGURUVE NEHOVE)



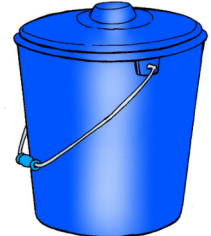
Mvura



810 grams munyu kana makapu matatu nechidimbu (3 ¼)

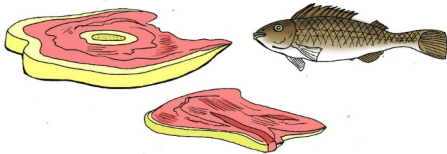


Dhishi diki rekusanganisira munyu nemvura pamwechete ne banga rekuchekesa nyama

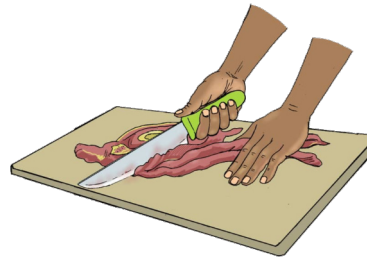


Mugomo une muvharo wekuchengetedza nyama inenge yanyikwa mumvura ine munyu

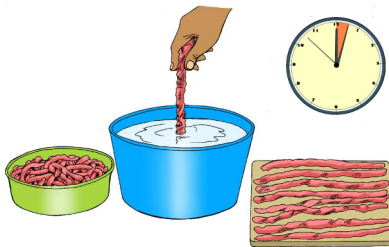
NZIRA DZINOTEVEDZWA MUKUWOMESA NYAMA NE HOVE



- Gadzira nyama uchishandisa nyama ichangobva kuurayiwa
 - Bvisa mapfupa, mafuta uye tsinga dzinofambisa ropa panyama nehove. Rasira panzvimbo yakakodzera.



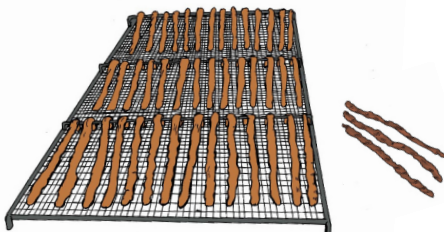
- Cheka nyama uchiita midzonga midzonga yakati rebei kubvira pa 20 kusvika 30 cm



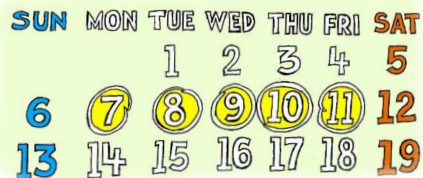
- Isa midzonga yenyama mumvura ine munyu kwemaminetsi mashanu



- Gadzirisa pekuwomesera nyama: geza uye uchenese matireyi uchibvisa chero zvimedu zvechikafu chakasarira paari



- Turika midzonga yenyama pekuti mhepo inotenderera zvakasununguka asi yakavharirwa kudzivirira nhunzi nezvimwe zvipembenene kana mhuka. Midzonga iyi haifaniri kubatana.



- Nyama inofanira kuoma mukati memazuva mana kusvika mashanu. Nyama yacho haifaniri kunyanya kuoma kunze asi ichiri nehunyoro mukati

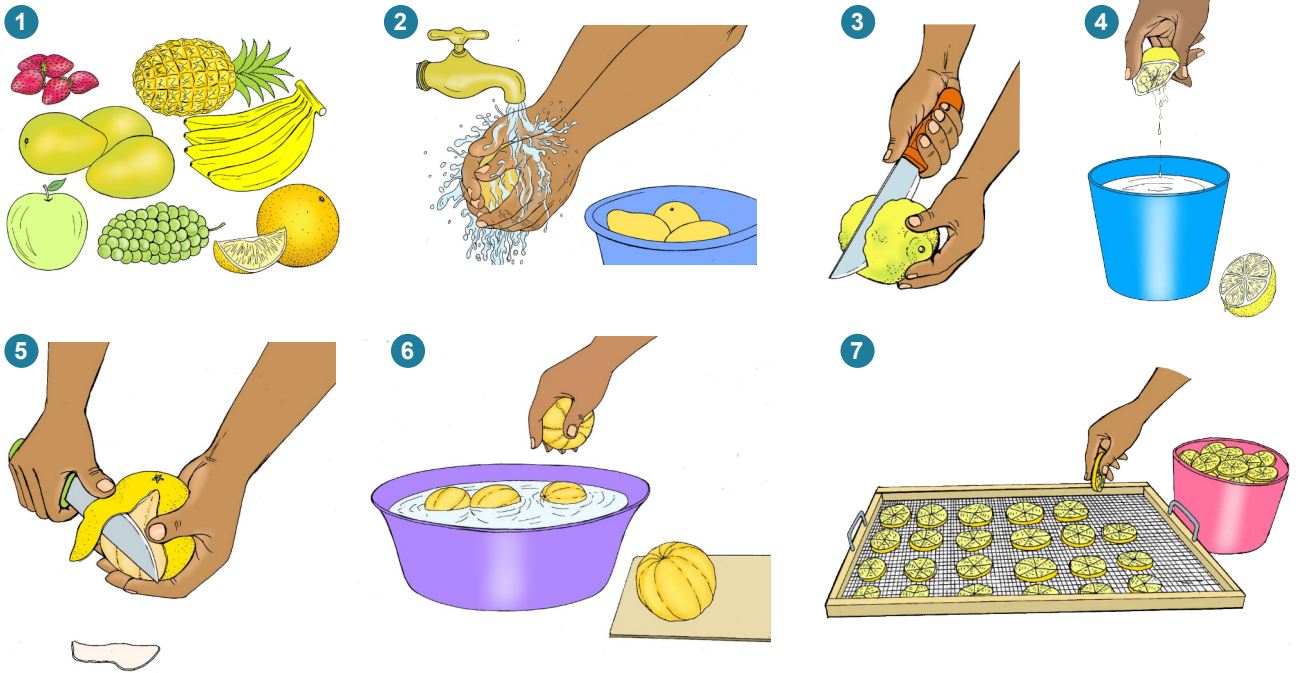




FEED THE FUTURE

The U.S. Government's Global Hunger & Food Security Initiative

NZIRA DZEKUTEVEDZA MUKUOMESA MICHERO



NZIRA DZEKUTEVEDZA MUKUOMESA MIRIWO



USAID
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