

Dëne Súlín Yatı – English

Sexél T'así Háneft'éth Cook with Me

2021 Núltágh k'e Dëne Dedline Ts'ı́áné Beyatı Za
**Háyorı́la Náre Ts'ı́ Beghár T'así
Hát'eth Ts'ı́ ʔereht'ís**

Indigenous Languages Month 2021
Regional Recipe Book

Government of
Northwest Territories



This recipe book has been translated into Chipewyan.

Happy Indigenous Languages Month 2021!

Indigenous Languages Month (ILM) is an annual celebration that takes place in February in the Northwest Territories. It is an opportunity for NWT residents to celebrate the rich culture and heritage of the territory's nine official Indigenous languages. The theme for this year's celebration is "Cook with Me".

Food and cooking are linked to traditions, memories, and togetherness. It is hard to imagine family celebrations, holidays, or any other social gatherings without the addition of food! Food also brings people from different cultures together, allowing us to learn about people from different backgrounds. Food is part of our family histories and identities. We share our cultural heritage when we share food with others. Saying "Cook with Me" to our families and friends is an invitation to strengthen our togetherness, culture and heritage.

The Indigenous Languages Month 2021 Regional Recipe Book has been developed from the 2019 Easy and Healthy Home Cooking Recipe Contest by the Department of Health and Social Services (HSS). It is through a collaboration with HSS and the Department of Education, Culture and Employment (ECE), that this recipe book was made possible.

Dëne Dedline Ts'ı́záné Beyatı Za Neba Huzı Nı́dé!

Dëne Dedline Ts'ı́záné Beyatı Za nı́nt'agh sí, Jadı́zı́ ʔedzagh Nén k'e Sanedúwé Zá k'e ʔeyı kú ʔat'e. Jadı́zı́ ʔedzagh Nén k'e dëne nárádé sí ja nén k'e ı́ótą dëne yatı yatı néth xa hultágh sí ʔeyı xa mársı dásnı-u betsın xa lé ʔeyı beba hářą ʔat'e. Dëne Dedline Ts'ı́záné Beyatı Za xa hultágh nı́ntagh sí durıghay k'e "Sexél T'ası́ Hánełt'éth" snı ʔeyı t'a há't'u beghálada xa.

Beghą shéchélyı-u, t'ası́ há't'eth-u ʔeyı ghą núdhër dé dëne ʔeła rá't'ı-u yunıs t'at'u ʔaat'ı ʔeyı k'ıs-u t'ası́ benanı ʔeyı ghą t'e. Dëne ʔı́ágh hárełza ʔeła nı́del dé, beghą shéchélyı dı́le. Dëne bech'ání ʔedı́ dé hı́lı́, ʔeła shéchélyı t'á dëne ʔeła nı́dél-u, ʔedeghą k'úhurelyą ʔat'ı ʔat'e. Nuwélat'in ghą núdhër dé, t'at'ı dëne dáıdlı-u, yunıs nuwélat'in bexél t'anódhër nı́řı́ dé, t'asát'u beghą shech'elyı bedı́le. Yuřáné dëne bexél shı́lyı dé, nuwech'ání ghą húnıltën chú ʔełéłt'e ʔat'e. Nuwélat'in chu nuwets'énıkuı́ chu "Sexél T'ası́ Hánełt'éth" héliđı́ dé, ʔeła ʔat'ı-u, nuwech'ání bexél ʔadı́ ʔat'e.

ʔedërı́ 2021 Nı́ltágh k'e Dëne Dedline Ts'ı́záné Beyatı Za xa hultágh sí Háyorı́la Náre Ts'ı́ Beghár T'ası́ Há't'eth Ts'ı́ ʔereht'ıs sí Department of Health and Social Services (HSS) bets'ı́ 2019 Easy and Healthy Home Cooking Recipe Contest hı́lye ʔereht'ıs ʔeyı ts'ı́ hálı́ ʔat'e. ʔeyı HSS chu Department of Education, Culture and Employment chu ʔełts'éhedı́ t'á ʔedërı́ beghár t'ası́ há't'eth ʔereht'ıs recipe hı́lye hálı́ ʔat'e.

Eat well and enjoy!

This book features recipes from individuals and families across all the regions of the Northwest Territories:

Beaufort Delta Region –

Irma Cardinal's Poached Char (Inuvik)



Sahtu Region –

Tulita Batch Cooking Club's Chicken and Vegetable Soup



Dehcho Region –

Deborah Stipdonk's Golo Stew (Fort Simpson)



Tłıchǝ Region –

Joy Mantla's Shrimp Stir Fry (Behchokò)



Fort Smith Region –

Priscilla Lepine's Soup from Scraps



Hay River Region –

Lisa Smith's Family Chili



Yellowknife Region –

Carter Stirling's Family Hamburger Soup & Sophie Maksimowski's Roasted Vegetable and Grain Bowl



Celebrate Indigenous Languages Month by using this recipe book as a resource to learn a NWT Indigenous language by cooking in the language of your community!

ʔedëri ʔerehtł'ís beyé Jądíłı́ ʔedzagh Nén k'e
dëne nárádé ʔełk'éch'a t'así dał'teth ʔeyı
bek'uréhtł'ıs ʔat'e:

Beaufort Delta ʔeyër Náre –

Irma Cardinal bets'ı́ Yutthé ts'ı́ Łuezáné
Ts'éthı́ Hebes (Inuvik)

Sascho Túé Nén Náre –

Tulita ts'ı́ Batch Cooking Club bets'ı́ Málay
K'ásba chu T'así Huneshe Xél ʔechás

Descho Nén Náre –

Deborah Stipdonk Bets'ı́ Golo Stew (Łı́dlı́ Kúé)

Tłıchǝ Nén Náre –

Joy Mantla Bets'ı́ Shrimp Stir Fry (Beschogh Kúé)

Tthebacha Náre –

Priscilla Lepine bets'ı́ ʔezáze t'á ʔechás

Hátł'orésche Náre –

Lisa Smith bélat'in ts'ı́ Chılı

Beghúldesche Náre –

Carter Stirling belát'in ts'ı́ bér náldëth t'á
ʔechás chu Sophie Maksimowski bets'ı́ Roasted
Vegetable chu Grain Bowl húlye

Dëne Dedline Ts'ı́ʔáné Beyatı Za nų́tağh sí,
betsín nełtsı́ xa ʔedëri beghár t'así hát'eth ʔerehtł'ís
recipe húlye bet'ánet'ı́ beghár Jądíłı́ ʔedzagh Nén
k'e t'a nánedhër t'at'ı́ yatı́ t'á dáyatı́ hurı́ldı́ xa ʔeyı
ʔerehtł'ís t'ánet'ı́.

Irma Cardinal's Traditional Poached Arctic Char (Inuvik)

Irma says that this recipe is a favourite because it has a high amount of omega 3 fats for a healthy diet and it is traditional (from the land). She likes to serve this dish with steamed asparagus, boiled potatoes and bannock.

Irma also likes to have this dish with traditional Muskeg Tea (Lidii muskeg) for its health benefits and its ability to be picked year-round.



Cook time:
15-20 minutes



Serving size:
4

Ingredients:

4-5 oz. char
1 tbsp. garlic butter
1 ½ cups water or broth

Directions:

1. Heat a medium sized fry pan over medium heat with butter and water and wait until it comes to a simmer (not boiling).
2. Add pieces of fish in a single layer – do not pile into pan. Keep the heat at simmer. Do not boil.
3. Cook about 10 minutes uncovered. Lift cooked fish from the pan with a slotted spoon or spatula.



Irma Cardinal bets'ı Yunis K'ıs Yutthé ts'ı Łuezáné Ts'éthı Hebes (Inuvik)

Irma denı zadı-u, zedëri hát'eth sí yedáánélı that'ın yatı t'á omega 3 fats húlye hát'ı betagh ıa t'á-u, tth'ı dëne dédlın bets'ızáne ts'ı bër zat'e (nı ts'ı). Zedëri łue xél asparagus húlye-u, nóshı bés-u, dëne ts'ı łést'éth zeyı xél dëne gháłchu.

Irma zedëri xél nánıs ts'ı Muskeg Tea yehúshe (muskeg ledı) hedagh badhı, betth'ı xa bet'óreza-u harelyu ghay ghár náłtsı xadúwıle t'á.

T'anıftha xa hat'éth:
sıłághadhel nogël ts'ı nónas
nogël ts'ën



T'anıt'e dëne xálchu:
Dıghı



T'a t'á hát'éth:
Dı ts'ı sıłágh oz yutthé ts'ı łuezáné
Zıłágh łus nechá zeyëretth'ıt'ı'es garlic betalyá
Zıłágh t'anıs ledı tth'áy tu tó tudhël tó

- T'at'u zalı:**
1. Łuscho sughıłıya yé zeyëretth'ıt'ı'es chu tu chu nıłthıl (nelghas zıle).
 2. Łue tthën łuscho yénele – zek'e doholé sáná. Hadhël hıt'éth nédhël zole sáná. Nułghas sáná.
 3. Bekáıtan dı łona nogël xa neł'éth. Łus nechá tu betagh t'ır zeyı t'á łue tthën háne.

Tulita Batch Cooking Club's Homemade Chicken, Lentil and Vegetable Soup



Tulita ts'ì Batch Cooking Club Bets'ì Málay K'ásba Chu Lental húlye Chu Tth'ì T'así Huneshe Xél ?echás

This recipe is special to the group because it is very flexible. We add lentils, beans, tofu or chicken to the recipe. When our gardens are growing, we add in bok choy. You can add whatever you want to make it healthy. Our club cooks food to share.

ʔedëri beghár t'así hát'eth recipe húlye sí, ʔedëri t'a t'á yedááheníłí sí, t'at'ú súghá humídhën sí hát'eth xadúwíle.

Lentils húlye-u, beans-u, tofu to málay k'ásba thén tó xél hát'eth xadúwíle. T'así neshe nílya dáníye ʔaja dé bok choy húlye ʔeyi tth'ì bexél ʔaílye xadúwíle. T'a dënetth'ì xa nezú yídhën sí betagh nela xadúwíle. Nuwe ts'ì club húlye sí, yuzáné nuwexél shéché'elyi xa t'así háłt'eth ʔat'e.



Cook time:
2 hours



Serving size:
8-12



T'aníłtha xa hat'éth:
náke satsí



T'aníłt'e dëne xálchu:
ʔek'édi ts'ì nákeʔadhel



Ingredients:

- 8 cups water or broth
- 1 small cabbage chopped
- 2 cups celery chopped
- 2 onions – white or yellow chopped
- 2 cups carrots peeled and chopped
- 2 green bell pepper washed and diced
- 2 garlic cloves minced
- 2 28 oz. cans diced tomatoes
- 2 tsp. dried oregano
- 2 tsp. dried basil
- 1 tsp. red pepper flakes
- Salt, pepper, cayenne pepper to taste

Add in:

- 2 cups uncooked meat/chicken or 2 small blocks tofu
- 1 small can beans or lentils

Directions:

1. In a large pot, bring water or broth to a boil. Add all the vegetables, herbs and spices.
2. Add in meat or chicken, beans or lentils. If using tofu, add in during last 10 minutes of cooking.
3. Simmer for about 90 minutes until all the vegetables are tender and meat is cooked.

T'a t'á hát'éth:

- ʔek'édi ledí tth'áy tu tó tudhël tó ʔíłágh cabbage nechíłaze ná't'ath
- Náke ledí tth'áy celery ná't'ath
- Náke t'ozélyané – delgai tó delth'o tó naát'ath
- Náke ledí tth'áy thhay, ná't'úsílya-u, ná't'ath
- Náke t'áncháy láht'ì bell peppers húlye, bek'altsël-u, ná't'ath
- Náke garlic cloves húlye náłt'es
- Náke nónas ts'én ʔek'édi oz. satsán til tomatoes, ná't'ath
- Náke łusaze dried oregano húlye
- Náke łusaze dried basil húlye
- ʔíłágh łusaze del'os pepper flakes húlye
- Betá hení xa dedhay-u, denits'iaze-u, cayenne pepper tth'ì

ʔedëri beta ʔanele:

- Náke ledí tth'áy béř het'eth ʔíle/málay k'ásba tó
- Náke nechíłaze náłtath tofu húlye
- ʔíłágh satsán tíłaze beans tó lentils húlye tó

T'at'u ʔalʔi:

1. Beyé bestil necha yé tu tó tudhël tó níłghas. Harelyú t'así neshe beyé nełdél ʔeyi herbs chu spices xel.
2. Béř tó málay k'ásba tó, beans to lentils tó betagh nele. Tofu húlye xél ʔanele xa dé, hót'a té heches ts'ín nithíle łóna nogél húk'e dé, ʔeyi betaulé.
3. Łótona nogél húk'e xa níłghus, ʔeyi t'así huneshe chu béř chu té nezú hebes ts'én.

Deborah Stipdonk's Golo Stew (Fort Simpson)



Deb says: "This is one of my go-to recipes because it is delicious, easy to make and cheap! I can substitute different vegetables that are in season or on sale. I can put the ingredients in my slow cooker at lunch, and it is ready for supper. This is a hearty meal and keeps bellies full with healthy food. If I serve it with milk, all the food groups are covered. My family loves to mop up the last bits with homemade whole wheat bread."



Cook time:
4 hours



Serving size:
8-12

Ingredients:

- 1 ½ lbs. moose meat
- 1 medium onion chopped
- 2 large carrots peeled and chopped
- 3 medium potato scrubbed, unpeeled, chopped
- 1-2 cups boiling water
- 1/2 cup steel cut or rolled oats
- Salt to taste



Directions:

1. Pop all these ingredients into the slow cooker and stir to mix.
2. Set on low for 4 hours.

Deborah Stipdonk Bets'ı Golo Stew (Łıdlı Kúé)

Deb ʔadı-u: "ʔederı jat'u t'ası hast'eth sí, benésı ıekén-u, haé xa búrenı-u tth'ı détle! T'ası neshe t'alası betasé xadúwıle. T'a t'á t'ası hest'éth sí dzıdıs k'e ʔeyı slow cooker yésle-u hıft's'an shılyı gıá núdhër dé ts'etáy het'e. ʔedëri jat'u t'ası het'éth sí, bet'agh dënetth'ı xa nezú-u bet'agh nezú shéch'elyı. ʔejëretth'ú xél ʔeyı dëneghaschu dé harelyú t'a ts'uldél snı sí xél halu. ʔıágıh kúé ts'ı hárelʔa dáıdlı sí té nade ts'én yegıá shéhelyı baihedı, ıést'edhulé hálı, whole wheat bread húlye ʔeyı xél."

T'anıłıtha xa hat'éth:
dı satsı



T'anıft'e dëne xálchu:
ʔelk'édı ts'ı nákeʔadhel



T'a t'á hat'éth:
ʔıágıhe ts'én t'anıs ʔaııdath denıye tthén
ʔıágıhe súghaıııya t'ozélyanıé nát'ath
Náke necha tthay nát'úsılyı-u, nát'ath
Tagıh súghaıııya nóshı, bek'altsél-u,
nát'úsılyı-u nat'ath
ʔıágıh ts'ı náke ledı tth'áy tu nılghas
Tanıs ledı tth'áy t'ıchııı
Henı xa dedıay

T'at'u ʔalııı:

1. Harelyú t'a t'á hat'eth slow cooker húlye yénele-u, náıgës.
2. Hútt'áth nédhëlchuıle-u dı satsı xa nıııdeth.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Joy Mantla Bets'ì Shrimp Stir Fry (Beschogh Kùé)

Why does Joy like cooking her recipe?
She simply says, "it's yummy!"

ᑭedlát'á Joy ᑭedèrì ját'u t'así haht'eth badhi-a?
Denì zadì-u, "fekèn t'ástì!" hénì.



Cook time:
15 minutes

T'anítha xa ha't'éth:
sólághadhel nogélè



Serving size:
2

T'aníth'e dène xálchu:
náké



Ingredients:

2 cups cooked rice
2 cups frozen Asian or mixed
vegetables cooked
500 gm (1 small bag) peeled shrimps,
frozen, thawed
1 tbsp. butter



T'a t'á há't'éth:

Náke ledí tth'ay t'olagaze hechás
Náke ledí tth'áy t'así huneshe belú,
Asian húlye ᑭeyì tó mixed húlye tó
500 gm (ᑭlághe nalchédháze) shrimp belu hílé
nalghì-u, beghúth lát'e nagús ᑭlye
ᑭlághe ᑭus nechá ᑭejèretth'útles

Directions:

1. In a frying pan, cook shrimp in about
½ cup of water. Cook until the shrimp turns pink.
Drain the water.
2. Add butter and cooked vegetables to the pan.
3. Add rice and mix everything together.

T'at'u ᑭalᑭ:

1. Łuschogh yé, ᑭeyì shrimp húlye neł't'éth, tanís ledí
ttháy tu ye. ᑭeyì shrimp húlye dzék'os láhtì ts'én
neł't'éth. Tu betagh háínìl.
2. ᑭejèretth'útles betagh ᑭanele-u ᑭeyì t'así huneshe
ᑭeyì tth'ì betagh nele.
3. T'olagaze betagh ᑭanele-u, náígēs.

Priscilla Lepine's Soup from Scraps (Fort Smith)



Priscilla Lepine bets'ı ʔezáze t'á ʔechés (Tthebacha)

Priscilla loves soups. She says that she enjoys this recipe because it utilizes the vegetables that normally get thrown in the compost or the trash. These vegetable scraps make the best tasting soup broth. It's so versatile! You can add meats of your choice, veggies of your choice and have a different soup every time. It can also be made in a slow cooker or Dutch oven.

Priscilla cháze badhı. Denı ʔadı-u, t'a t'á ʔedėri hált'ėth badhı sı t'ası huneshe ʔaldél sáze ʔeyı xél hált'ėth henėlı hėni. ʔedėri t'ası huneshe ʔaldél sáze xél ʔechás ts'ı todhėl łekėn dúwė. Harelyı ʔek'ėch'a ts'ėn há't'eth xadúwıle! T'at'ı bėr rıłı sı betagh nele xadúwıle-u t'at'ı t'ası huneshe betagh nele rıłı sı hánene xadúwıle t'á dzı hant'u ʔek'ėch'a ʔechás nełtsı lát'e. ʔeyı ʔechás sı, slow cooker húlye tó Dutch oven húlye tó yé nełtsı xadúwıle.



Cook time:
16 hours



Serving size:
8



T'anıłtha xa hat'ėth:
ʔek'ėtagh ʔadhel satsı



T'anıł't'e dėne xálchu:
ʔek'ėdı



Ingredients:

- 1 large freezer bag vegetable scraps (peelings, ends, stems)
- 1 lbs. any meat (beef, moose, caribou), chicken or turkey cut into bite sized pieces
- 1 cup carrots chopped
- 1 cup turnips chopped
- 1 cup celery chopped
- 1 cup onion chopped
- 1 tbsp. dried basil
- 1 bay leaf
- Salt and pepper to taste



T'a t'á há't'ėth:

- ʔıłághe nechá freezer bag beyé t'ası huneshe ʔaldel sáze (bet'us-u, belagh-u, t'a hált'ath)
- ʔıłágh ʔaıłdath bėr t'at'ı lázı (ʔejėre tthėn-u, denıye tthėn-u ʔetthėn tthėn-u) málay k'ásba tó turkey tó, nechıłaze nát'ath.
- ʔıłágh ledı tth'áy tthay nat'ath
- ʔıłághe ledı tth'áy celery nát'ath
- ʔıłágh ledı tth'áy t'ozéıyané nát'ath
- ʔıłághe łus nechá dried basil
- ʔıłághe bay leaf t'ánchay
- Henı xa dedhay chu denıts'ıaze chu

Directions:

1. Make a vegetable broth by placing the saved scraps into a large slow cooker and add boiling water just enough to cover the scraps. Cook on low for 8-12 hrs. The longer it cooks, the richer the broth.
2. Strain broth into large bowl, discard vegetables, and clean slow cooker insert.
3. Return strained broth to slow cooker. Add meat, vegetables, bay leaf and basil.
4. Add water, to cover ingredients, if necessary. Cook on low for 8 hours or high for 4 hours.
5. Season with salt & pepper & enjoy!

T'at'u ʔaıłı:

1. T'ası huneshe sáıı bet'á tudhėl nełtsı xa slow cooker nechá yé nele-u, tu nelghas betamıle, hıt'áth tu ıa choile le. Hıt'áth nédhėl choile-u ʔek'ėdı satsı ts'ı náke ʔadhel satsı ts'ėn neł't'ėth. Deʔanıłtháá nıłghus de, tudhėl deʔáııs neıı ʔat'e.
2. Tudhėl tth'áy nechá yé nenı-u, t'ası huneshe sáze hıłch'ás sı ʔaıłdél-u, ʔeyı slow cooker bet'áıt'ı sı bek'aıłtsıl.
3. Tudhėl ʔeyı slow cooker yé naimıl. Bėr betagh nele-u, t'ası huneshe tth'ı-u, bay leaf t'ánchay tth'ı-u basil tth'ı.
4. Tudhėl ʔek'ėnéł't'ele dé, tu bedánarınıl. Neł't'ėth xa dé, ʔek'ėdı satsı xa hıt'áth nédhėl-u neł't'ėth tó dı satsı xa té nédhėl-u neł't'ėth.
5. Henı xa dedhay chu denıts'ıaze chu beta ʔanele-u, nenı-u begħá shėnet'ı!

Lisa Smith's Family Chili (Hay River)



Lisa Smith Bélat'in Ts'i Chili

This is the Smith family's favourite weeknight supper. It is easy and quick to make after work or can be left in a crock pot to simmer all day. It is a great leftover and can be packed for school lunches. Everyone loves the flavour, with lots of spices and vegetables.

ʔedëri t'así hát'eth sí ʔeyi Smith ts'íʔáné hárelʔa híłtsén yeghā shéhelyi dánélí ʔat'e. La t'á ʔaghá hałé xadúwíle-u, crock pot yé tth'i harelyú dzi k'e heches xadúwíle. Beghádher dé nezú-u, dzıdıs yeghā shétı xa sekui zereht'ıs kúé ts'én naiyeká xadúwíle. Harelyú dëne yíłkën, spices chu t'así huneshe bexél ʔalʔı t'á.



Cook time:
40-60 minutes



Serving size:
4-6



T'aníłtha xa hat'éth:
dıona nogël ts'ı ʔelk'éłona
nogël ts'én



T'aníłt'e dëne xálchu:
dı ts'ı ʔelk'éłagh ts'én



Ingredients:

1.5 lbs. ground meat (beef or moose)
1 tbsp. canola oil
1 medium yellow onion diced
2 cloves garlic minced
2-3 tbsp. chili powder
2-3 tbsp. dried oregano
2 tsp. ground cumin
1 tsp. ground coriander
2 540 ml cans kidney beans
1 796 ml can diced tomatoes
(choose less sodium option)
1 bell pepper chopped (any color)
1 small can mushrooms drained
or 6-8 fresh mushrooms sliced
1 rib celery diced
1-2 tbsp. white vinegar
Salt to taste

T'a t'á hát'éth:

ʔıłagh-u tanıs ʔaıłdath bér náldëth (ʔejëretthén tó denıye tthén tó)
ʔıłaghe łus necha canola oil
ʔıłaghe súgháıłya t'ozélyané delttho nat'ath
Náke cloves garlic nalt'es
Náke ts'ı tagh ts'én łus nechá chili powder
Náke ts'ı tagh ts'én łus nechá dried oregano
Náke łus nechıle ground cumin
ʔıłaghe łus nechıle coriander
Náke 540 ml háıłya satsán tile kidney beans
ʔıłaghe 796 ml háıłya satsán tile tomatoes nat'ath
(t'a beta dedhay łayıle sí t'ánet'ı)
ʔıłaghe bell pepper nát'ath (t'alkéth lası)
ʔıłaghe satsán tile nechıle mushrooms, tu ʔahdël tó ʔelk'éłagh ts'ı ʔelk'édı ts'én mushroom góth nat'ath
ʔıłaghe celery nát'ath
ʔıłaghe ts'ı náke ts'én łus necha vinegar delgay
Henı xa dedhay chu denıts'ıaze

Directions:

1. In a large pan over medium high heat, brown the beef or moose in the oil with the onion and garlic.
2. As it is cooking, add all the spices. Once the meat is browned or mostly cooked, add the beans (including juice), tomatoes and all the vegetables.
3. Bring to a boil and simmer for at least 20 minutes. Near the end of cooking time, add the splash of vinegar and mix.
4. Salt to taste.

Optional: Serve with rice.

T'at'u ʔalʔı:

1. Húł'áth nédhël choile-u, satsán tth'áy necha yé ʔejëretthén tó denıye tthén tó łes xél nełt'éth t'ozélyané chu garlic chu xél.
2. Hat'éth ghár harelyú spices beta nele. Bér ʔahjën het'eth dé beans betanıł-u (betúé xél), tomatoes chu begháłthën t'así huneshe ʔeyi harelyú beta nele.
3. Nıłghás t'á dé nónas nogël xa ts'éthı nıłghus. ʔahjën hechás dé ʔeyi vinegar beta ʔanele-u náıgës.
4. Betá henı xa dedhay beta ʔanele.

Rıłʔı dé: T'ıólágage xél dëneghaıchu.

Carter Stirling's Family Hamburger Soup (Yellowknife)

Carter says that this is a recipe his mom makes all the time and is super hearty and delicious. It's perfect on a cold winter's day. This is a big batch recipe – cook once and serve at least twice.



Cook time:
2.5 hours



Serving size:
20

Ingredients:

3 lbs. lean ground beef, caribou,
moose, chicken or turkey
2 medium onion chopped
2 28 oz. cans whole tomatoes (less sodium or salt free)
4 cups water
2 small cans tomato soup (2 small cans)
6 cups broth – beef or vegetable
(lower salt or no added salt) or 6 cans consommé
8 carrots peeled and finely chopped
2 bay leaves
6 ribs celery finely chopped
1 tbsp. dried parsley
1 tsp. dried thyme
1 cup pot barley uncooked
Pepper to taste



Directions:

1. In a large pot, brown meat and onions. Drain well if using lean beef.
2. Combine all ingredients. Bring to a boil, then reduce heat to simmer covered, for at least 2 hours. Recipe can be made in a slow cooker.

Editor's note: Add in frozen mixed vegetables, kale or spinach for more vitamins and fiber.



Carter Stirling Belát'in Ts'ì Bèr Náldèth T'á ?echás (Beghúldesche)

Carter ?adí-u bà ?edèrì ját'u hét'as ts'én t'así halt'eth zat'e-u ?ekèn xél dènetth'ì xa nezú. Xay bí't'as ?edzagh dé nezú beghá shech'elyí. ?edèrì t'aníft'e halé sí, ?á t'á ná k'eneth beghá shé'ch'elyí xadúwíle.



T'aníft'ha xa hat'éth:
náke-u tanís satsí



T'aníft'e dène xálchu:
nóna



T'a t'á hát'éth:

Tagh ?á?dath ?ejère bèr náldèth tó ?etthén tó deníye tó málay k'ásba tó turkey tó Náke súghá?t'ya t'ozéyané nát'ath Náke 28 oz satsán tile zat'er tomatoes (dedhay d'ì tó dedha ?á?le xél) D'ì ledí tth'áy tu Náke satsán tilaze tomato soup (náke satsán tilaze) ?elk'étagh ledí tth'áy tudhèl – bèr tó t'así huneshe ts'ì (dedhay d'ì tó dedha ?á?le xél) tó ?elk'étagh satsán tile consommé ?elk'éd'ì tthay benát'ús hílye-u nát'ath nechí?laze ts'én Náke bay leaves t'ánchay ?elk'étagh celery, nechí-u nát'ath ?í?ághe ?us nechá dried parsley ?í?ághe ?us nechíle dried thyme ?í?ághe ledí tth'áy pot barley, hechás'íle Hení xa denits'íaze



T'at'u ?alzi:

1. Chèth tile nechá yé bèr neft'éth t'ozéyané xél. Het'eth t'á dé tles ?áímí.
 2. Harelyú t'así beyé nele. Ní?ghas t'á dé yuyághe ná?dath-u bedárít'ì-u m?ghus náke satsí xa. ?edèrì slow cooker yé hát'eth xadúwíle.
- T'á ?dèrì ?ereht'ís ret'ís sí beyatí:** ?ahú netth'ì yet'óre?thir xa rí?ì dé, t'así huneshe dáitèn beta ?anele tó kale húlye tó spinísh tó.

Sophie Maksimowski's Roasted Vegetable and Grain Bowl



Sophie Maksimowski Bets'ı Roasted Vegetable chu Grain Bowl

This is a favourite recipe of Sophie's because it's so simple and easy. It is vegan and gluten free, and it can be eaten cold. You can easily change up the ingredients if you have other vegetables on hand or switch the flavor profile by using a different dressing or protein.

Sophie zedëri háł'teth badı búremı t'á. Vegan chu gluten free chu zat'e-u, nék'ëth tth'i begħa shéchélyı xadúwıle. T'a t'á neł'téth sí zeyı zełk'éch'a t'ası t'á nele xadúwıle tó zeyı dressing húlye zełk'éch'a t'ánet'ı xadúwıle tó zełk'éch'a bër tth'i t'ánet'ı xadúwıle.



Cook time:
1.5 hours



Serving size:
4



T'anıltha xa hat'éth:
ʔıłághe-u tanıs satsı



T'anıl't'e dëne xálchu:
dı



Ingredients:

2 large beets
20 brussels sprouts
2 tbsp. oil – olive or other oil
1 ½ cups raw grains – quinoa, barley, farro
1 cup water or vegetable stock
Salt and pepper to taste

Dressing:

2 tbsp. tahini – sesame paste
2 tbsp. lemon juice
2 tsp. maple syrup
2 tsp. soy sauce
2 tsp. apple cider vinegar
Sriracha sauce to taste – optional



Garnishes:

Hummus, avocado, arugula, cherry tomato, nuts, nutritional yeast, fresh chopped parsley or other herbs.

T'a t'á hát'éth:

Náke beets dánechá
Nóna brussel sprouts
Náke łus nechá tles – olive oil to zełk'éch'a oil tó ʔıłághe-u tanıs ledı tth'áy grains het'eth ʔıle – quinoa, barley faro
ʔıłághe ledı tth'áy tu tó vegetable stock tó Henı xa dedhay chu denits'ıaze

T'ası Betalzi:

Náke łus nechá tahını – sesame paste
Náke łus nechá lemon betúe
Náke łus nechıle maple k'ıtúe
Náke łus nechıle soy sauce
Náke łus nechıle bądzaghe cider vinegar
Henı xa srıracha sauce – bedı sát'ele

T'ası Hát'eth Xél Dëneghálchi:

Hummus-u, avocado-u, arugula-u, cherry tomato-u, nuts-u, nutritional yeast-u, parsley góth nát'ath-u zełk'éch'a herbs.





Directions:

1. Preheat oven to 450 degrees Fahrenheit with rack set to the middle of the oven. You will need two bowls and two roasting pans.

2. Wash beets and brussels sprouts (I never peel beets, but you can). Cut off the stems on the brussels sprouts and cut them in half. Set aside in bowl and toss with some olive oil, salt and pepper. Cut beets into cubes - toss in the other bowl with olive oil, salt and pepper. Add other spices to your veggies as desired; I like to add a little caraway or fennel seed to beets or some chili for brussels sprouts.

3. Roast for approximately 20 minutes or until tender.

4. In a small pot, cook grains in water or stock until tender. About 30 minutes.

5. In a small jar or bowl, mix/shake ingredients for dressing.

6. To assemble the bowl, place grains and vegetables and toss in dressing. Add desired garnishes.

T'at'u ʒalʒ:

1. Beyé bér hát'eth beyé satsán hetagh tanís nítı-u 450 k'e nífdeth. Náke tth'áy tsó chu náke beyé bér hát'eth rıʒı.

2. ʒeyı beets chu brussel sprouts chu bek'ailtsı (beets bet'ús násle ʒulʒle húlí, nən hánele xadúwıle). Brussel sprouts bet'agh háneht'ath-u tanıs náıt'áth. Tth'áy tsó yé nele-u tles-u dedhay-u denıts'ıaze-u beta ʒanele-u ʒedeba níká. Beets náıt'ath – ʒeyı tth'ı thən tth'áy tsó yé nele-u tles-u, dedhay-u, denıts'ıaze-u beta nele. Beghãthhən spıces beta ʒanele rıʒı dé; sı caraway tó fennel tó ʒeyı beets ta ʒasʒı benéshı-u, brussel sprouts ʒeyı beta chılı ʒasʒı benéshı.

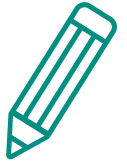
3. Nónas nogël xa neft'éth tó deyérle ʒajá ts'én tó.

4. Chëthılaze yé, ʒeyı grains tu yé tó tudhël yé tó nelbes deyérle ts'én. Tónas nogël xa.

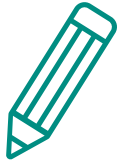
5. Tilaze yé tó tth'áy tsó yé tó ʒeyı dressing neltsı xa t'ası ʒeltagh nelé-u náıghës.

6. Tth'áy tsó yé grains chu t'ası huneshe chu ʒeltagh nele-u dressing bek'e ʒanele-u náıghës. T'a garnısh bexél dënegháıfchu rıʒı sı hánele.





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A series of 20 horizontal teal lines spaced evenly down the page, providing a template for handwriting practice.

If you would like this information in another official language, call us.

English

Si vous voulez ces informations dans une autre langue officielle, contactez-nous.

French

kīspin ki nitawihitīn ē nīhīyawihk ōma ācimōwin, tipwāsinān.

Cree

T̄h̄ch̄o yatī k'èè. Dī wegodī new̄o dè, gots'ō gonede.

T̄h̄ch̄o

ʔerih̄t'ís Dēne Sūłíné yatī t'a huts'elkēr xa beyáyatī thez̄a ʔat'e, nuwe ts'ēn yółtī.

Chipewyan

Edī gondī dehgáh got'je zhatíé k'éé edat'éh enahddh̄e nīde naxets'é edah̄fī.

South Slavey

K'áhshó got'ine xədə k'é hederī zed̄h̄t'íé yerin̄iw̄e nídé dúle.

North Slavey

Jii gwandak izhii ginj̄ik vat'atr'ij̄ah̄ch'uu zhit yinoh̄than j̄i', diits'at ginoh̄kh̄ii.

Gwich'in

Uvanittuaq ilitchurisukupku Inuvialuktun, ququaqłuta.

Inuvialuktun

Ċ'bdĳ nŋ^{sb}bdĳ Ḃ-ŁJΔR^c Δ^bŋĳĳ^{sb}Ł^bŋ^b, Đ^cŋ^aĐ^c Đ^{sb}ĳ^aĳ^aĐ^c.

Inuktitut

Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

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867-767-9348

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Communicative phrases

English – Dëne Súłın Yatı

“Come in and have a seat.”



“Yıs daıgha-u nıdá.”

“Mix the ingredients together.”



“Harelyú ɔettagh nele.”

“Careful, the food is hot.”



“Hołnı, nédhël ɔat'e sı.”

“Let's eat now.”



“Dı shúı.” (2 people) /
“Dı shúlyı.” (3+ people)

“Enjoy your meal.”



“Shénet'ı tekën nıdé.”

“The food is delicious.”



“Bér tekën.” /
“Beghı shéchélyı tek'ën.”

“Time for you to wash the dishes!”



“Ttháy k'enáneıtsıl ghı núdhër!”