

Sahtúot'jne Kədá – English

Sezí Bekájt'é Cook with Me

Denewá Kədá Káraᓂa Zá 2021
Kóta Káyúriᓂla begharé bekaets'eté goerjht'é

Indigenous Languages Month 2021
Regional Recipe Book



Government of
Northwest Territories

This recipe book has been translated into North Slavey.

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.

Denewá Kədó Zá 2021 gonuzó!

Łáə xae táonéht'e nídé Duhdá Elígu Néné Sanek'óná Zá Denewá Kədó Káraza Zá ət'e t'á ekúu nídé nats'ehtsi ət'é. Denewá Kədó Káraza Zá ət'e t'á ekúu nídé Duhdá Elígu Néné dene ke areyone dekadó łótq káraza hé denáoweré náketsi náokeye. Hídú xa síl "Sezí Bekájt'é" heredi ət'e.

Yahní deneke łenakede nídé denáowere gháre dene bére ełech'ákaráza bek'át'e yegháré yahní ghq nakedí. Deneke náokeye, łenakede nídé dene bére ełech'ákaráza łq békaket'é. Duhdá Elígu Néné Denewá bére łq ełech'ákaráza begháre ełek'éots'ereshq bekegwáhzá hé beghq máhsi nawhę bet'á at'ı. Dene bére ełegha ts'eredi t'á dırı "Sezí Bekájt'é" dene hékedı t'á dene gokárezá eyia nı gohé łenakedé.

Denewá Kədó Káraza zá 2021 kóta káyúřłla begháre békats'et'e erłht'é 2019 ekúu Beterat'ıne ts'é nadı ke hé Dene eyáılı kq gha k'áowe (Department of Health and Social Services (HSS)) hé dene ts'é ałe dene kedı t'á békats'et'e kerłt'é gots'ę akıla t'á deshłé nakerłht'é t'á békats'et'e kerłt'é ehdá kakıla (2019 Easy and Healthy Home Cooking Recipe Contest). Dırı Dene Beterat'ıne ts'é nadı hé Dene eyáılı kq gha k'áowe HSS hé Dene gháonete hé dene eghálakeda gá gha k'áowe (Department of Education, Culture and Employment (ECE)) hé godagháre t'a dırı erłht'é kehtsi.

Begháré békats'et'e erłht'é
Sahtúot'ıne Kədó t'á dat'é ət'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!

Dırı békats'et'e erıhtł'é kákıla eyıa Dúhda
Elıgu Néné Gots'ę dene areyǝné dene gots'ę
erıhtł'é ǝt'e:

Beaufort Delta Kǝta Kayúrılla –

Irma Cardinal's Enákǝ Néne gots'ę łuededel
(Arctic Char) Weechá (Enákekǝ)

Sahtu Kǝta Kayúrılla –

Tulıt'a Bekáet'é ke Dıh hé Tł'ǝ ts'ǝdǝ tuwéle

Dehcho Kǝta Kayúrılla –

Deborah Stipdonk's Golo (moose) tuwéle ełeta
welá (Łıdlıǝkǝ)

Tłıchǝ Kǝta Kayúrılla –

Joy Mantla's Łue Nesele (Shrimp) tł'ǝ ts'ǝdǝ tah
wet'e (Behchokǝ)

Kwǝbacha Kǝta Kayúrılla –

Priscilla Lepine's Bé tuwéle shǝts'ayǝ ts'ę bé
gozǝ whela ełeta wechá

K'atł'ǝdǝ Kǝta Kayúrılla –

Lisa Smith's Dekárazǝ Bé nárade hé bean hé
ełeta wet'e

Sǝbak'é Kǝta Kayúrılla –

Carter Stirling's Bé nárade tuwéle hé
Sophie Maksimowski's Tł'ǝ ts'ǝdǝ wet'e hé
grain beta wela

Denewá Kǝdǝ Kárazǝ Zǝ k'e nıdǝ dırı
begháré békats'et'e erıhtł'é dene kǝdǝ t'á datł'é
begháré bekat'e edeghádǝnate!

Irma Cardinal's Traditional Poached Arctic Char (Inuvik)



Irma Cardinal's Enákə Néne gots'ə łuededel (Arctic Char) Weechá (Enákekó)

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 dırı Enáke néné gots'ə łuededel (Arctic Char) nę gots'ə ęt'e hé łek'á (omega 3 fats) t'a dene ke gogha nezq. T'ó ts'edá wechá (asparagus) hé nįshə wechá hé łeht'é hé łuededel Weechá hé dene gha redi hadi.

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.

Irma łue hé gok'its'ę ts'ę nįba (muskeg) lidí hé dene gha redi seghanezq ghadı. Dırı xaogháre chits'ele hé dene kwęta gha nezq t'a dene gharedı.



Cook time:
15-20 minutes



Serving size:
4

Bekáet'e sadzée:

Honénqzqets'ę sqłae dáudí nídé nákwónq minutes gots'ę hahche



Dene dánęht'e yeghó sháye:

Dıı



Ingredients:

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

Łuededel Weechá ayí beta ahts'ęzi:

- Łuededel (Arctic Char) gots'ę łue łáə libó (4-5 oz.)
- Lichuyó nechá garlic łereko beta ałe
- Łáə libó zq tani tu le nídé łue tuwéle beta ałe

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.



Díkanı hahtsi:

1. Legwilé ke satsqne tani naretse k'e ałe gháre łereko hé tu hé legwilé ke ałe wekq ajá gots'ę náwhı.
2. Łue beta nawha – ełek'edawawhále – wekq ajá gots'ę náwhı hahchéle.
3. Honénq minutes gots'ę satsqne wekq k'edawhekq gháre. Łue Lichuyó nechá le nídé bet'a niche wet'e ehts'ats'erele t'a kawha.

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



Tulít'a Bekáet'é ke Dìh hé t'ò ts'ədó tuwéle

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.

Diri begháre bekáts'ete areyóné ayí beta gha ghadi kúlu dúle gúlú ahle. Lentils, bean, tofu hé dìh béré beta ahle. Bok choy nets'è nídé dúle tuwele tah ahle. Ayí beta aole nenewhe nídé beta anele. Dene bekáts'ete eríht'í'é areyóné dene ghá q't'e.



Cook time:
2 hours



Serving size:
8-12



Bekáet'e sadzée:
Nákə sadzeé gots'è
hahche



**Dene dánəht'e yegho
shóye:** Ets'édı gots'è –
honénq'ónakə



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.

Diri eleta ahle t'á hahtsi:

Bétuwéle ets'édı libó ahle dáudí nídé tu T'ò ts'ədó (cabbage) íəə netsele táaraká T'ò ts'ədó (celery) nákə libó táaraká T'otsə dek'ale daudí nídé dekwoi nákə netsele táaraká Kwah nákə libó bet'ú whíle afe gháre táaraká T'ò ts'ədó (bell pepper) nákə k'eatse gháre tárawhə T'otsə (garlic cloves) netsele nákə tárade T'ò ts'ədó (tomatoes) tárade bedákáaret'á (28 oz) nákə

Lísél lání (dried oregano) lichuyó netsele nákə Lísél lání (dried basil) lichuyó netsele nákə Lísél lání tenjts'ih dek'ots lichuyó netsele nákə Lísél, tenjts'ih, tenjts'ih dek'ots, íekó ade gha beta zahle

Ayí k'ola beta zahle:

Dìh le/bé detló wechále nákə libó beta afe dáudí nídé Tofu heredi tárat'a netsele nákə (blocks) afe Bean le nídé bean lání lentils bedákáaret'á íəə

Díkaní hahtsi:

1. Tene nechá ke tú le nídé tuwéle hahche. T'ò ts'ədó, lísél, t'ò (herbs), hé lísél (spices) hé beta afe.
2. Dìh le nídé bé, bean le nídé lentils beta afe. Tofu tárat'a k'ola afe nídé honénq' minutes gots'è hahche.
3. Satsóne taní naretse k'e lótoq'ónq' minutes gots'è areyóné t'ò ts'ədó hé bé hé surí wechá gots'è hahche.

Deborah Stipdonk's Golo Stew (Fort Simpson)



Deborah Stipdonk's Golo (moose) tuwéle ełeta welá (łıdłıkó)

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."

Deb kadı: "Dırı Golo (moose) tuwéle ełeta welá seghanezq łeko hé detłle tsehtsı t'á! Dúle k'ola t'ó ts'ədá qdene neye ekúu nídé détlle t'á eyı beta ahzı. Tene edíkqne t'á at'ı eyı k'ola dzene tanı bet'á golo hehtsı gha bé hé t'ó ts'ede bekewha gháre bedárechu nídé hehts'ę gha k'óne bekáwet'e. Dırı bé wechá bet'á nezq shéts'eye hé bet'á dánehzo ats'et'ı. Bé ts'ezá hé ejiret'ó behé ts'edo nídé bet'á areyqne be t'á ası yánıshé dene yet'á godı q't'e t'á nezq. Sekárazá ke łéht'éwılé dehbae hé kezá nídé gogha nezq hadı."



Cook time:
4 hours



Serving size:
8-12



Bekáet'e sadzée:
Dıı sadzée gots'ę
bekáet'ę



**Dene dánéht'e yegho
sháye:** Ets'ędıı gots'ę –
honénoqónaké



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



Dırı ełeta ahle t'á hahtsı:

- ıts'ękwé łéəzótanı arehdá (1.5 lbs.)
- Tı'otsę sárecho łéə táaraká
- Kwah nechá náké bet'ú whıle ałe gháre táaraká
- Nıshə sárecho tai bet'ú whıle ałe le hé
- bek'enátse gháre táaraká
- Tu łéə le nídé náké libó hahche
- Tı'olá (steel cut or rolled oats) tanı libó k'ola
- Lısel łekq gha k'ola beta ałe

Directions:

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

Dıkanı hahtsı:

1. Tene edíkqne t'á at'ı eyı bé hé t'ó ts'ede bekewha gháre tárawhə.
2. Dıı sadzée gots'ę wekq natsele k'eałe.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Joy Mantla's Łue Nesele (Shrimp) t'ò ts'ədó tah wet'e (Behchokò)

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

Joy dırı segha "łekò déwé!" t'á dırı
bekaet'e seghanezò hadı.



Cook time:
15 minutes



Serving size:
2

Bekáet'e sadzée: Sadzée
datı nek'óne honénòzòsóláızò
gots'è bekáet'e



Dene dánęht'e
yeghò sháye: Nákə



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



Dırı ełeta ahle t'á hahtsı:

Gua wechá náké libó
T'ò ts'ədó ehtawela hehté Asian
heredı wechá náké libó
Łue netsele (peeled shrimp)
hıdé móla néné ts'è hehte bewe netsele
sóláı lak'òño areda (500 gm) eyı k'ola
Tłereko lichuyó nechá łáə beta ałe

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.

Díkanı hahtsı:

1. Legwılé ke tu libó tanı bek'áadı gháre łue netsele
(shrimp) móla néné ekúde gots'è łue bekeawha.
Łue netsele (shrimp) dzé láıt'e beoratı gots'è haht'e.
Bets'è tu karadı.
2. Tłereko legwılé ke ałe gháre beta t'ò ts'ədó haht'è.
3. Gua wechá betaradı gháre areyóné ełetale.

Priscilla Lepine's Soup from Scraps (Fort Smith)



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.



Cook time:
16 hours



Serving size:
8

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

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!



Priscilla Lepine's Bé tuwéle sháts'ayə ts'ə bé gozə whela eleta wechá (Kwəbacha)

Priscilla bé tuwéle surí beghanezə. Dırı tuwéle areyənə así kats'eredéle t'á tuwéle ət'e t'á begha nezə. T'ə ts'ədə kaní kats'eredéle tuwéle gha nezə. Tuwéle así ło tá ats'ehzi t'á nezə. Dúle bé k'ola t'ə ts'ədə k'ola beta ats'eí t'á nezə. Tene edíkəne t'á atí le nídé kwe tane kola t'á bekats'ete.

Bekáet'e sadzée:
Honénəzəts'ətai sadzée
gots'ə hahche



**Dene dánəht'e yeghə
sháye:** Ets'ədí



Dırı eleta ahle t'á hahts:

Eriht'ə yúwə detlə łaə nechá t'á t'ə ts'ədə kaní beghánadí sji bet'á tuwéle gha hahte Bé koyí łaə arehdá (1 lbs.) (Móla bére, its'é, ekwé) dñh, dñh cho netsel dáráwhe Kwah łaə libó táráká Iht'ets'edé łaə libó táráká T'ə ts'ədə (celery) łaə libó táráká T'ətsə łaə libó táráká Lisél lání (dried basil) lichuyə nechá łaə k'ola beta ałe Bet'á bekats'et'e (bay leaf) łaə ałe Lisél hé tenjts'ih hé łaəgə gha k'ola beta ałe

Díkanj hahts:

1. T'ə ts'ədə tuwéle gha areyənə tene edíkəne t'á atí keáwha gháre tu wekə zəhnewho tu beta gots'ə ałe gháre bedáráchu. Gozə weko k'e ałe le ets'ədí gots'ə honénəzənakə sadzée gots'ə hahche. Whá gots'ə het'ə nídé nezə gha.
2. Tuwéle wechá t'ághə nídé łahtaradı gháre t'ə ts'ədə káráwha hé tene edíkəne t'á atí k'enátse.
3. Tuwéle tene edíkəne t'á atí ke nádí. Bé, hé t'ə ts'ədə, lisél lání basil, bay leaf hé beta ałe.
4. Tu betaradı gháre heche gha. Gozə weko k'e ałe nídé ets'ədí sadzée gots'ə hahche dáudí nídé wekə k'e dñh sadzée gots'ə hahche.
5. Lisél hé tenjts'ih hé łaəgə gha k'ola beta ałe hé nezə sháatí!

Lisa Smith's Family Chili (Hay River)



Lisa Smith's Dekáara Bé nárade hé bean hé eleta wet'e (K'at'odé)

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.

Diri Smith káara ke xéhts'é nídé bé bekáet'e yegho shékeye surí gogha nezó. Eyi bé náotile hé whiri bekáet'e q't'e t'á eghálats'eda nínats'ela nídé ekúu t'í bekáts'ete dáudí nídé kwe tene t'á dzeneogháré wekó q't'e. Ts'ódane ke k'ola eríht'é kó yegho shékeye gha edek'é nakerele. Areyóné surí dene gha lekó beta teníts'ih káara (spice) lísel lání t'á hé t'ó ts'ədó beta t'á.



Cook time:
40-60 minutes

Serving size:
4-6



Bekáet'e sadzée: Dìñoño
le nídé ets'étañoño daiti nek'óne
karewa gots'é hahche

**Dene dánèht'e yegho
sháye:** Dìlì – ets'éta



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



Diri eleta ahle t'á hahtsi:

Bé nárade (móla bére le nídé Its'ékwe)
Íáəótani aredá (1.5 lbs.)
Tleh bet'á bekáts'ete lichuyó nechá íáə beta ále
T'otsé dekwoi íáə sarehcho tárawhə
T'otsé lání (garlic clove) náka netsel tárat'a beta ále
Teníts'ih lání (chili powder) lichuyó
nechá náka le nídé tai beta ále
Ít'ó (oregano) lichuyó nechá náka le nídé tai beta ále
Teníts'ih lání (ground cumin) lichuyó netsel
náka beta ále
Teníts'ih lání (ground coriander) lichuyó
netsel íáə beta ále
Bedákáaret'á bean (kidney bean) nechá (540 ml) náka
Bedákáaret'á t'ó ts'ədó (diced tomatoes) nechá
(796 ml) íáə (Lísel betále k'ola ále)
T'otsé (bell pepper) íáə tárawhə (kóyi)
Bedákáaret'á díəbéré netsel íáə betú nakarade
dáudí nídé Díəbéré k'óne ets'éta – ets'édìlì tárawhə
T'ó ts'ədó (celery) bechíné íáə tárawhə
Lichuyó nechá íáə le nídé náka vinegar dek'ale
Lísel lekó gha k'ola beta ále

Directions:

- In a large pan over medium high heat, brown the beef or moose in the oil with the onion and garlic.
- 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.
- Bring to a boil and simmer for at least 20 minutes. Near the end of cooking time, add the splash of vinegar and mix.
- Salt to taste.

Optional: Serve with rice.

Díkaní hahtsi:

- Satsóne wekó natse k'e legwílé nechá ke móla bére (beef) le nídé Its'ékwe tleh ta t'otsé hé t'otsé lání nárade (garlic) hé eleta haht'e.
- Areyóné het'e t'a lísel lání (spices) beta ále. Bé wet'e ta bean hé betú hé t'ó (tomatoes) hé t'otsé hé beta ále.
- Hahche gháré satsóne k'et'á ále gháré 20 minutes gots'é satsóne wekó k'e ále. Vinegar k'ola beta ále gháré tárawhə.
- Lísel lekó gha k'ola beta ále.

Ayi k'ola: Behé gua ále.

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's Bé nárade tuwéle (Sóbak'é)

Carter kadı amá xéhts'é nídé dıri bé nárade tuwéle hehts'ı zó ǫt'e bet'a ası ıo hé leko. Xai elıgu gha surı nezó. Dıri ıáts'ete kúlú ıo t'á – dúle náka begħo shóts'eye.

Bekáet'e sadzée:
Nákəǫtanı sadzée
gots'é hahche



**Dene dánəht'e yegħo
shóye:** Nákəonǫ



Dıri ełeta ahle t'á hahtsı:

Tai aredá (3 lbs.) bé, ekwé, ıts'ékwe, dıh, dıh cho nárade Tı'otsə sárecho náka táraká Bedákáaret'á tı'ó ts'ədó (tomatoes) náka (28oz.) (ıısel betále k'ola ale)
Tu dıı libó Bedákáaret'á tı'ó ts'ədó (tomatoes) tuwéle tene netsela náka Bé le nídé tı'ó ts'ədó tuwéle ets'é tai libó (ıısel betále eyı) dáudı nídé Bedákáaret'á (consommé) tuwéle tene ets'é tai Kwah ets'é dıı bet'ı whıle ale gháre táraká Bet'á ıt'ó (bay leaf) náka ale Tı'ó ts'ədó (celery) ets'é tai táraká Bet'á ıt'ó (dried parsley) ıchuyó nechá ale Bet'á ıt'ó (dried thyme) ıchuyó netsela ale Gua ıanı (barley) ıáó libó wechá le beta ale Tenıts'ıh ıekǫ gha k'ola beta ale

Dıkanı hahtsı:

1. Tene nechá ke bé nárade hé tı'otsə hé wet'e gots'é haht'e. Bé nárade ta ek'a ıo nídé káradı.
2. Areyoné ełeta ale gháre tárawhə. Hahche gháre satsóné náts'e ale hé bedárachu gháre náka sadzée gots'é hahche. Tene edıkóné t'á at'ı eyı k'ola t'á dúle dıri hahtsı.

Dúle dıkanı k'ola ale: Tı'ó ts'ədó ehta wela hehté. Tı'ó ts'ədó (kale) hé tı'ó ts'ədó (spinach) hé beta náıdı nezó ıo t'á eyı k'ola beta ıe.

Sophie Maksimowski's Roasted Vegetable and 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.



Cook time:
1.5 hours



Serving size:
4



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.

Sophie Maksimowski's Tł'o ts'ədó wet'e hé grain beta wela

Dıri Sophie suré náot'í le t'á bekayeht'é begha nezq. Denekwé ta gha nezqle t'á eyı vegan hé gluten hé beta le t'á begha nezq hé wek'á gúlú ts'ezá gha nezq. Dúle k'ola ayı t'á hahtsı ghadı kúlú ayı tł'o ts'ədó beta aole nenewhe nídé kanele.

Bekáet'e sadzée:
Łáəzótanı sadzée gots'é hahche



Dene dánəht'e yeghə shóye: Dıı



Dıri ełeta ahle t'á hahtsı:

Tł'o ts'ədó dek'otse (beets) nechá náke
Tł'o ts'ədó (brussels sprouts) nákeənoq
Tłeh (olive le nídé gonáq təh) lichuyé nechá náke
Raw grains (quinoa, barley, farro) łəə libó zq tanı
Tł'o ts'ədó tuwéle le nídé tu łəə libó
Lisél hé tenıts'ıh hé łekq gha k'ola beta ałe

Tł'o ts'ədó beta ts'ezı hé:

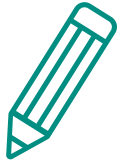
Tahini – sesame paste lichuyé nechá náke
Jıe (lemon) tú lichuyé nechá náke
K'ıhtú lichuyé netsele náke
Soy sauce lichuyé netsele náke
Apple cider vinegar lichuyé netsele náke
Sriracha sauce łekq gha k'ola beta ałe – dúle gúlú ałe



Ayı k'ola:

Hummus, avocado, ıt'ó (arugula), cherry tomato, dléa (nuts), nutritional yeast, fresh chopped parsley or other herbs.





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Communicative phrases

English – Sahtúot'íne Kádá

“Come in and have
a seat.”



“Goyíi rít'á weneda.”

“Mix the ingredients
together.”



“Areyoné ełetarıwhé.”

“Careful,
the food is hot.”



“Bé wekó ɔt'e
beghɔnadi.”

“Let's eat now.”



“Hıdú shéts'uyə.”

“Enjoy your meal.”



“Nezó shénetı.”

“The food is delicious.”



“Bé tekɔ.”

“Time for you to wash
the dishes!”



“Kw'á k'enaiste
sadzeé ajá!”