

Dene zhatie – English

Sehéh mékáiht'éh Cook with Me

Dene zhatie la Nihts'ı zaa K'éh q't'e, 2021
Dehcho gogha megháqdé mékáts'eht'éh edjht'éh

Indigenous Languages Month 2021
Regional Recipe Book

Government of
Northwest Territories



This recipe book has been translated into South 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.

Dene zhatie la, Nihts'ı Zaa k'éh ɔt'e t'ah goɔnié, 2021!

Nihts'ı Zaa k'éh gha Góhdli Ndéh k'éh azhɔ dene zhatie ts'éhk'éh łegehdéh. Ezhí la met'áh amí Góhdli Ndéh nagedéh sí, zhet'áh dene naɔdhe gots'éh dene zhatie híúli ts'éhk'éh ahsí keogedihzáh. Dúh xaye la, azhí t'áh kehots'enihthi la, edı meghááde mékát's'eht'éh edıht'éh, "Sehéh mékáiht'éh" ızhe sí, ezhí ts'éh k'éh gha łegehdéh gha.

Mɔshéts'ezheh gots'éh mékát's'eht'éh la, dáondih t'áh godhéh ts'é mékát's'eht'éh sóondı gots'éh met'áh chu nats'enidhe gots'éh met'áh azhɔ ełehéh nezı eghálats'enda. Mɔshéts'ezheh híle énidé dáondih t'áh góot'ıe łegehdéh sóondı. Mɔshéts'ezheh ghááde kíozhı dene ch'á kadęzı łegehdéh, meghááde godı ndéh gulı ts'éh agıt'é keots'edihzáh. Mɔshéts'ezheh ghááde amí góot'ıe agıt'é gots'éh godı gots'éh ats'ıt'é chu keogedihzáh. Mɔshéts'ezheh łeghát's'edendih énidé met'áh gonaɔdhe chu ehłeghats'ızáh. Góot'ıe gots'éh gots'anıe, "Sehéh mékáiht'éh" góhdındı énidé, ezhí la met'áh ełehéh náts'etse gots'éh met'áh gonaɔdhe chu nátse ɔt'e.

Dene zhatie la Nihts'ı Zaa 2021 k'éh ɔt'é, edı Góhdli Ndéh Dehcho gogha meghááde mékát's'eht'éh edıht'éh la, 2019 mékát's'eht'éh edıht'éh, Dezhıle gots'éh nezı gots'endih ts'éh k'éh meghááde mékát's'eht'éh edıht'éh la, nezı gots'endih ts'éhk'éh eghálagidéh-ke kagılá ɔt'e Ezhí t'áh nezı gots'endih ts'éhk'éh gots'éh edıht'éh kúé ts'éhk'éh eghálagidéh-ke, ełehéh agılá ɔt'e. Gots'eɔɔ mékát's'eht'éh edıht'éh kaet'ɔ.

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)



Góhđlı Ndeh gok'ézhıı ts'éh kiozhıı dene guli gots'éh góot'ıe chu azhó dáondıh mékágeht'éh ts'éh k'éh go-edıht'éh metah thelá ɔt'e:

Irma Cardinal la sambaa detsılı thehcha –
Inuvik gots'éh ɔt'e

Sahtu Region –

Tulita Batch Cooking Club's Chicken and Vegetable Soup



Tulıt'á mékágeht'éh-ke Sahtu Ndeh ts'éh la, dıh gots'éh ıt'ó ch'á kadezı t'áh tudhee gehtsı

Dehcho Region –

Deborah Stipdonk's Golo Stew (Fort Simpson)



Deborah Stipdonk goló-thé t'áh tudhee det'ó thehtsı – Łıııdlıı kúé Dehcho Ndeh gots'éh ɔt'e

Tıchó Region –

Joy Mantla's Shrimp Stir Fry (Behchokó)



Joy Mantla łue mendı héli t'áh tleh tah zhéht'é ɔt'e

Fort Smith Region –

Priscilla Lepine's Soup from Scraps



Priscilla Lepine la, kiozhıı ahsıı t'áh tudhee thehtsı – Tthembaachah gots'éh ɔt'e

Hay River Region –

Lisa Smith's Family Chili



Lisa Smith la, deóot'ıe gots'éhk'éh beı t'áh tudhee thekó det'ó thehtsı – Kát'odehé gots'éh ɔt'e

Yellowknife Region –

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



Carter Stirling móot'ıe la etthé nadadé t'áh tudhee thehtsı gots'eh Sophie Maksimowski me-ıt'ó ch'á kadęzı gots'éh łet'éh ghaliı ts'éh k'éh chu mékátheht'é

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!

Dene zhatie la Nihts'ı Zaa k'éh ɔt'e t'áh, edı megháđe mékáts'eht'é edıht'éh la met'áh dene zhatie Góhđlı Ndeh gok'ézhıı kegáhzáh, dene zhatie ts'éh k'éh kótah gogha mékát'éh!

Irma Cardinal's Traditional Poached Arctic Char (Inuvik)

Inuvik gots'éh Irma Cardinal la sambaa detsli thehcha



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 kadı, dáondıh t'áh edı met'áh mékáeht'éh segha nezı la, metthé tah tleh tai nezı gulı ıt'e, met'áh nezı dets'ededıh gots'éh ndéh gotséh ıt'e. Azhıı ıue héh goghadendıh la, it'ı ch'á kadęza tu echeh ndaa thecha, nehshéh thecha gots'éh ıtet'éh chu.

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.

Azhıı Irma sambaa detsli héh goghadendıh la, ts'ue tu t'áh lidı ehtsı megha nezı, met'áh nezı dets'ededıh gots'éh káa dúle xaye ghááđę nats'ehtsı.



Cook time:
15-20 minutes

Dađedhaa ts'é et'éh la:
Hono ıóı sılái gots'éh ıkı hono godenéhı't'e ts'é ts'éht'éh



Serving size:
4

Dene danet'é zıh goghats'éđendıh:
Dıı zıh



Ingredients:

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

Met'áh mékáet'éh:

Sambaa detsli-dıı ilé énidé sılái ehdaa Ejíet'ı tleh met'áh ahsıı ts'enehshéh ıts'ayee ıuhcho híe necha Tudhe ilé énidé tu, híe libó ıóı tani

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.

Méghááđę k'éots'ezáh:

1. Tıtháché satsı k'éh nıhıhıh goghááđé, ejíet'ı tleh dıhtla gots'éh tu chu metah aneléh gots'éh ıaa t'áh zıh tu nehcheh.
2. ıue sáanet'é zıh ehłegáh nıııdháah – azhı tıh'áché kenedháah le. Nehcheh le.
3. Méđakadenıchu gots'éh hono godenıtı'e ts'é nehcheh. ıuha necha meghagonıı sıı, met'áh ıue tuh kanedháah fıe énidé ıuha tıııa t'áh aneléh.

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



Tulit'á mékageht'éh-ke la, dih gots'éh ít'ó ch'á kadęza t'ah tudhee gehtsi

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.

Edi mégháádé mékát's'eh't'éh, dáondih t'áh nahéh gha nezų la, káa dúle kiozhii ahsíi metah ats'éléh. Łet'éh ghalee, beą ejiet'ó det'oh ilé énidé dih-thę chu metah aneléh. Káa nehshéh k'é ahsíi nezéh éníde, ít'ó ch'á kadęza chu metah ahtihzi. Káa dúle azhíi met'áh nezų dedindih chu metah aneléh. Ełehéh mékát'éh la, azhọ dene gogha ąathuzi.



Cook time:
2 hours



Serving size:
8-12

Daęedhàa ts'é et'éh la:
Ọki sadzee k'éatah



**Dene danet'é zọh
goghats'édendih:** Ehts'édii le
énidé hono zọọ ọki zọh



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.

Met'áh mékát'éh:

Tudhee ilé énidé tu ehts'édii libó

Et'ócho híe aetselia tadihkah

Ahsíi ts'enehsheh ít'ó ch'á kadęza ọki libó

enet'é ts'é tadihkah

Tłi léchíe dek'áli ilé énidé detthoi ọki libó

enet'é ts'é tadihkah

Tthah mezọne ejihnehthéh gots'éh ọki libó

enet'é ts'é tadihkah

Ahsíi ts'enehsheh ít'ó ch'á kadęza ọki mék'énaihtsih

gots'éh tadihthéh

Ahsíi met'áh nezų łendih ọki tadazhiih chu

Jie detsih thecha satsọ tene keh héli sii, ehts'étai libo

Ahsíi met'áh nezų łendih, łuha ọki

Ahsíi met'áh nezų łendih, łuha ọki

Ahsíi met'áh nezų łendih denits'ı łuha híe

Dedha, denits'ı, denits'ı thekọ chu metah aneléh

Edi chu metah aneléh:

Etthé ilé énidé dih thę eht'éh ọki libó metah aneléh ilé

énidé ejiet'ó detloh ọki aetselia metah aneléh

Łet'éh ghalee ile énidé beą satsọ tene aetselia híe chu

metah aneléh

Méghááde k'éots'ezáh:

1. Teni nechá zhiih tu ile énidé tudhee nehcheh. Azhọ ít'ó ch'á kadęza gots'éh met'áh ahsíi nezų łendih gha, chu metáh aneléh.
2. Etthé ile énidé dih-thę, beą ilé énidé lét'éh ghaalé chu metáh aneléh. Ejiet'ó detloh metáh aneléh gha énidé, sée nodéé hono godenéht'ė nionidhe ts'é niniicha énidé, zọh metah aneléh ọlé.
3. Etthé gots'éh ít'ó ch'á kadęza sée nezų tsımie híılı hono godenéht'ė ts'é nehcheh.

Deborah Stipdonk's Golo Stew (Fort Simpson)



Łíıdlıı kúé ts'eh Deborah Stipdonk Golq t'áh tudhee det'q thehtsı

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: Edı meghááadé mékát's'eht'éh híe la, láondıh edı zoh t'ah'tı, dáondıh t'ah la, met'áh tudhee det'qh łekq, kıı naotıh le t'áh káa dúlé ts'eh'tsı gots'eh ahsıı metáh ats'eh'ı kıı detı le chu. Ahsıı detı le gots'eh káa dúlé kiozhıı, ıt'q cha kadezq metáh ah'ı. Dzeanıe gotah tehne keats'ıgo sıı , káondıh azhq tudhee gha ahsıı mekeh dháh gots'eh káa ıh'éé ts'é shéts'ezheh gha énidé ahsıı azhq sée nezu thechá. Edı la ahsıı ıq elétah thechá qt'e t'ah met'áh gombéé zııh danezq. Eıjet'ó chu gogha dendıh énidé azhq ahsıı dıı ch'á kadezq metáh thelá qt'e. Łet'éh thet'é t'ah, sóot'ıe azhq gısheshéh gogha nezu.



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



Daededháá ts'é et'éh:

Dıı sadzee k'éatah



**Dene danet'é zoh
goghats'édendıh:** Ehts'é dıı le
énidé hono zqó qıı zoh



Met'áh mékáet'éh:

Golq tthé híe zqó tanı ehdaa
Tı léchıé híe tadıhkah
T'thah necha qıı mezone ejıhneh'theh gots'eh
qıı libó enet'é tadıhkah
Nehsheh tai azhq mék'énaıtsıh,
kıı mezone ejıhneh'théh le gots'eh tadıhkah
Tu thecha híe ıle énidé qıı libó
T'ıola tanı libó
Nezu łendıh gha dedha metáh aneléh



Directions:

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

Meghááde k'éots'ezáh:

1. Ahsıı azhq tene mekeats'ıgo zııh nedháh gots'eh mek'eh't'áh.
2. Dıı sadzee ts'é tsıme echeh gha sadzee megha seneléh.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Behchokò ts'eh Joy Mantla la, łue mendı tleh tah theht'é

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

Dáondih t'ah Joy edı meghááde ahsı mékáts'eh t'eh
megha nezı? Joy kadı, łekò t'ah!



Cook time:
15 minutes

Daededháa ts'eh et'eh:
Hono zòó sùlái godenéh t'e ts'eh



Serving size:
2

**Dene danet'é zoh
goghats'édendih:** Qkí zoh



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



Met'áh mékáet'eh:

Gua qkí libo
Ít'o ch'á kadezà thecha qkí libó íle
énidé ít'ó ch'á kadezà ehté
Łue mendı nayı metehmie híe aetselá
Ejjet'ótlehé łuhcho híe

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.

Méghááde k'éots'eráh:

1. Tth'áche zhih tu tanı libó mékenendih gots'eh
łue ndı nehcheh. Łue ndı dzéh láondih ts'eh nehcheh
goghááde metu nehładındih.
2. Ttháche zhih ejjet'ótlehé gots'eh ít'ó ch'á kadezà
metáh aneléh.
3. Gua metáh aneléh gots'eh azhò ehłetáh mék'eh t'ah.

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 la kiozhii ahsí t'áh tudhee thehtsi Tthembaachah gots'èh q't'e

Priscilla tudhee megha nezü. Dáondih t'áh megha nezü la, it'ó ch'á kadęą azhí dzot'é sí qhts'edeh íle énidé nehshéh k'é gha mék'éts'endih. Edí it'ó ch'á kadęą la met'áh tudhee nezü ts'èhtsi q't'e. Káa dúle kiozhii ahsí elétah ts'èhchéh. Káa dúle ethé kiozhii chu metah ats'éléh, gots'èh kiozhii it'ó ch'á kadęą chu metah ats'éléh gots'èh met'áh káa dúle kiozhíi tudhee ts'èhtsi. Tene kiats'igo íle énidé tene nedaa t'áh chu káa dúle eche.

Daędedháa ts'é et'éh:

Hono zóq ehts'étai
sadzee k'éatah



Dene danet'é zoh goghats'édendih:

Ehts'édii zoh



Met'áh mékáet'éh:

Medhéh, melo ts'é, mechíé –
It'ó ch'á kadęą tehmié híe nechá
Kiozhíi ethé (ejie-thé, golo-thé, medzih-thé) dih-thé íle
énidé dihcho-thé aetselah tadat'á
Tthah híe libó tadat'á
Edets'edíe híe libó tadat'á
It'ó ch'á kadęą híe libó
Tí léchíé híe libó tadat'á
Met'áh ahsí nezü łendih gha łuhacho híe
It'ó híe
Dedha gots'èh denįts'í chu metáh aneléh

Megháąde k'éots'ezá:

1. Méhnaechéh nechá keats'igo zhii azhó it'ó ch'á kadęą met'áh nedháh gots'èh tu thecha sedanezo ts'é metáh nindih. Ehts'édii íle énidé hono zóq ołi sadzee keatah ts'é nehchéh. Thaa echeh met'áh tudhee nezü at'ih q't'e.
2. Tth'á dendalí nechá zhii tudhee dekenendih, it'ó ch'á kadęą azhó zohdindih, gots'èh méhnaechéh nechá keats'igo mezhiih seguléh.
3. Tudhee ahsí dadęenendé sí, méhnaechéh keats'igo zhii kenanendih. Ethé, it'ó ch'á kadęą, met'áh ahsí nezü łendih gha, azhó metáh aneléh.
4. Káa énidé, azhí nehchéh sí tu metah aneléh. Dii ts'é hut'íe medakadichu íle énidé ehts'édii ts'é ts'inié echéh ghá medakadichu.
5. Dedha gots'èh denįts'í metáh aneléh & Séé kadee ts'é mōshsheneti!

Lisa Smith's Family Chili (Hay River)



Kát'odehé Lisa Smith la, deóot'je gohéh beá t'áh tudhee det'ò thehtsi

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.

Edí la Smith móot'je-ke gogha nezú t'áh, híe daedze taqnet'é mekagéht'éh, Kú dezhi le gots'eh kú híh t'áh káa dúle eghálaında enanet'é énidé, méhnaecheh keats'igo t'áh dzene ghááde tsjnie echeh. Sachoh eht'ò káa dúle móhsheneti h gots'eh dzéanie gha chu edíht'éh kúé nehzhíh móhsheneti. Met'áh ahsí nezú t'ándih gha chu met'áh hełi ət'e t'áh, azhó gogha łekó.



Cook time:
40-60 minutes



Serving size:
4-6

Daededháa ts'é et'éh:
Dí hono íle énidé ehts'ətai hono sadzee k'éatah



**Dene danet'é zoh
goghats'édendih:** Dí íle énidé ehts'ətai zoh



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



Met'áh mékáet'éh:

Ejie-thé íle énidé golq-thé nadadee híe zóó tani edaa T'eh luhacho híe T'í lechíé detthoi híe

Met'áh ahsí nezú t'ándih gha, őkí aetséłiah tadazhíh Met'áh ahsí nezú t'ándih gha thekó, łuhcho őkí íle énidé tai Met'áh ahsí nezú t'ándih gha, łuhcho őkí íle énidé tai Met'áh ahsí nezú t'ándih gha, luha őkí Met'áh ahsí nezú t'ándih gha, łuha híe Gots'ę beá dí libó Dedhaa łolee metáh zoh t'anet'i, Jie thecha tadat'á tai libó Kiozhíi í'ó ch'á kadęzą híe Díloo gots'odzee satsó tehne híe aetséle íle énidé tadat'á ehts'ətai íle énidé ehts'édíi Í'ó ch'á kadęzą híe nechá Tu denıts'ayée, łuhcho híe íle énidé őkí Nezú t'ándih gha dedha metáh aneléh

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.

Męghááde keots'edihzáh:

1. Satsó sadéhkó sí, ttháche t'áh ejie-thé íle énidé golq-thé nadadę t'eh tah, t'í lechíé gots'eh met'áh ahsí nezú t'ándih gha chu metáh aneléh.
2. Kaa et'éh gha énidé, met'áh ahsí nezú t'ándih gha metáh aneléh. Kaa etthé nezú thet'é íle gots'eh k'ála łaa eht'éh, sí beá gots'eh metu chu, jie thecha detsılı gots'eh azhó í'ó ch'á kadęzą chu metáh aneléh.
3. Echeh t'aa őkí hono godenéht'e ts'é tsjnie nehcheh. Káa k'ájene thecha énidé, tu denets'ayee metáh aneléh gots'eh azhó łetah mek'ít'áh.
4. Nezú t'ándih gha dedha metáh aneléh.

Azhíi héh moshénetih gha: Gya héh goghadíndih.

Carter Stirling's Family Hamburger Soup (Yellowknife)



Saamba Gúli ts'eh Carter Stirling la dót'ie gohéh etthé nadade t'áh tudhee thehtsi

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.

Carter kadi, edi meghááde mékáet'eh edjht'eh la memo láondih zheht'eh qt'e gots'eh ahsí ló chu met'áh thela gots'eh lekó chu dúye. Xaye góhdli chu gha nezú qt'e. Edi la dene ló gha nezú qt'e gots'eh laa zoh ts'ehcheh gots'eh káa dúle oki lu gogháts'edenih.



Cook time:
2.5 hours



Serving size:
20



Daedehaa ts'eh et'eh:
Okí sadzee zóó taní ts'eh et'eh



**Dene danet'eh
zoh goghats'edenih:**
Okí hono zoh



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



Meghááde keots'ihzáh:

Ejietthé, medzih-thé, goló-thé, dih-thé íle énidé dihcho-thé, tai ehdáa
Tí íechíé nechá le oki tadaká
Kíi dedhaa ló metáh húle íle énidé kíi metáh dedhaa húle jie thecha detsíli ehts'étai libó
Tu díi libó
Satsó tene aetséle oki tudhee jie thecha met'áh héli
Kíi dedhaa ló le metáh íle énidé metáh dedhaa húle ejietthé tu íle énidé ít'ó ch'á kadęzą metu, ehts'étai libó íle énidé satsó tene t'áh tudhee ehts'étai
Tthah ehts'édíi meðhéh ejihst'ehtheh gots'eh nezú tats'edehkah
Met'áh ahsí nezú íendih gha oki ít'ó ch'á kadęzą tadakaa ehts'étai
Met'áh ahsí nezú íendih gha íuhcho híé
Met'áh ahsí nezú íendih gha íuha híé
Gya kíi thecha le, híé libó
Nezú íendih gha denįts'í metáh aneléh

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.

Meghááde keots'ihzáh:

1. Méhnaecheh nechá t'áh etthé gots'eh tí íechíé íetáh neht'eh. Ejietthé t'áh anet'í gha énidé nezú metu kadįndih.
2. Azhó ahsí íetáh aneléh. Echéh tí'áa, satsó k'ét'áá aneléh, medadęnichu, gots'eh oki sadzee k'eatáh nehcheh. Káa dúle méhnaecheh keats'igo t'áh ahsí neht'eh.

Amíi gondi k'eh niale me-gondi: Met'áh nezú dets'édedih gha énidé, ahsí ts'enehsheh ít'ó ch'á kadęzą ehté íle énidé kíozhíi metáh aneléh.

Sophie Maksimowski's Roasted Vegetable and Grain Bowl



Sophie Maksimowski la it'ó ch'á kadeřą mezhiet'éh zhih gots'eh lét'eh ghalée thehtsi

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.

Edi meghááde mékát's'eh't'éh la, Sophie séé gořo megha nezu ęt'e, dáondih t'áh la, ku dezhüle. Ezhí la it'ó metáh héli ęt'e gots'eh ku te chu metáh húle, gots'eh káa dúle thek'á męhsheneti. It'ó ch'á kadeřą nets'eh énidé, káa dúle ezhí chu metáh aneléh, íle énidé met'áh nezu deřs'ędedih ts'eh k'éh, it'ó k'eh chu ahsí lekó ats'ęřzi.



Cook time:
1.5 hours



Serving size:
4

Daędedháa ts'é et'éh:
Lífuli hono sadzee ts'é nehchéh



Dene danet'é zęh
goghats'edendih: Dii zęh



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.



Meghááde keots'ihřáh:
Ahsí ts'enehsheh detsili ęki nechá
It'ó ch'á kadeřą ęki hono
Kiozhí tleh met'áh mékát's'eh't'éh, ľuhcho ęki
T'ęla ch'á kadeřą, híe libó řęę taní
Ahsí ts'enehsheh ch'á kadeřą metu íle énidé tu híe libó
Dedha gots'eh denřts'í chu metáh aneléh

Azhí lekó it'ó táh atsęřzi:
Met'áh ahsí nezu ľenndih, ľuhcho ęki
Jie detthoi metu ľuhcho ęki
K'í tú ľuha ęki
Gęa k'éh ats'ęřzi, ľuha ęki
Jiecho detsili t'áh tu denřts'aye, ľuha ęki
Ahsí met'áh nezu ľendih

Met'áh ahsí nezu męodat'í:
Lét'eh go met'áh ghęhshéts'eti, jie it'ó láondih, it'ó
cho, jie detsili, ts'u delęhzhie, lét'ęa, met'áh ahsí nezu
ľendih íle énidé kiozhí ahsí metáh aneléh.





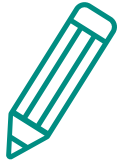
Directions:

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.

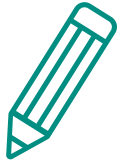
Megháádé keots'ihzáh:

1. Mezhíet'éh dijí latth'ono ʔóó sұлái hono ts'é medakadiču gots'eh mek'éh mékát's'eh't'éh satsó zhíi tani niniču. Tth'á mek'éh mékát's'eh't'éh gots'eh tth'á dendałi ɔki chu nedhe.
2. Ahsíi ts'enehsheh detsili gots'eh it'ó ch'á kadęʔa mék'énahtsih (Sí kii ıaɔ ahsíi ts'enehsheh met'ue ejíht'ah le, káondih kɔ, ni káa dúle kaneléh). Ahsíi ts'enehsheh it'ó ch'á kadęʔa azhɔ mechíé ıenehtheh gots'eh tani ts'é ehk'éanet'áh. Tth'á dendałi zhii tleh, dedha gots'eh denıts'ı aneléh. Jie thechá detsili sı aetselia ts'é tadit'áh gots'eh azhɔ ıetáh aneléh. Káa dúle met'áh ahsíi nezı ıendih gha it'ó táh aneléh. Met'áh ahsíi nezı ıendih gha jie thechá chu metáh ats'ehzih.
3. Mezhíet'éh zhii, ɔki hono godenéh't'e ts'é dezhile ts'é neht'éh.
4. Tene aetseliah t'áh, t'ola tu táh ile énidé tudhee táh, tai hono godenéh't'e ts'é nehcheh.
5. Tth'á dendałi ile énidé ejaa ııbó t'áh it'ó gha ahsíi meghá eıetáh aneléh.
6. Dáondih t'áh ahsíi azhɔ sáa nıts'ıdháh la, t'ola gots'eh ahsíi ts'enehsheh ch'á kadęʔa azhɔ, ahsíi ıekó metáh ats'ehzih. Gonánee chu ahsíi gulı medháah káa dúle niniđháah.





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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 Sūłné yatī t'a huts'elkēr xa beyáyatī thez̄a ʔat'e, nuwe ts'ēn yółtī.

Chipewyan

Edī gondī dehgáh got'je zhatíe k'ée edat'éh enahddh̄e nīde naxets'é edah̄f.

South Slavey

K'áhshó got'ine xədə k'é hederī zed̄h̄t'íe yerinīw̄e nídé dúle.

North Slavey

Jii gwandak izhii ginj̄ik vat'atr'ij̄ah̄ch'uu zhit yinoth̄an j̄i', diits'at̄ ginoh̄kh̄ii.

Gwich'in

Uvanittuaq̄ ilitchurisukupku Inuvialuktun, ququaq̄luta.

Inuvialuktun

Ċ'bdĳ nŋ^{sb}bdĳ Ḃ-ḂLJdR^c Δ^bŋDĳ^cŲL^bŋ^b, D^cŋ^aḂ^c D^{sb}ĳ^aḂ^cŋD^c.

Inuktitut

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Inuinnaqtun

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Communicative phrases

English – Dene zhatie

“Come in and have a seat.”



“Ewq nehzhaa dıłtaa gots’eh mek’ehts’eda k’eh theneda.”

“Mix the ingredients together.”



“Azhıı met’áh mékáiht’é azhq ıetáh aneléh.”

“Careful, the food is hot.”



“Mq̄shéts’ezheh thekó, nezı anet’ı.”

“Let’s eat now.”



“Duh shęts’ozheh.”

“Enjoy your meal.”



“Nezı shęneth.”

“The food is delicious.”



“Mq̄shéts’ezheh ıekó dúyé.”

“Time for you to wash the dishes!”



“Dúh tth’á k’énaıhtsıh!”