

Tłıchq – English

Sexè Mbò Kàht'e Cook with Me

Done Sotł Yatı Zaa 2021

Kòta gots'q Mbò Kàts'eht'e Nıht'e

Indigenous Languages Month 2021

Regional Recipe Book



Government of
Northwest Territories

This recipe book has been translated into Tłıchǫ.

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.

Dǫne Sǫhı Yatı Zàa gha Sına 2021!

Dǫne Sǫhı Yatı Zàa ı̀è xo tət'e Sanek'ǫa Zàa k'e, Edzane k'è wegħa dzę dè hohłe hǫt'e. NWT gots'ǫ dǫ hazǫ edenàawo xè dzę dè geħtsı ha eyıts'ǫ edzane k'è gots'ǫ dǫne sǫhı yatı łǫtǫ gǫhı wet'à dzę dè ts'eħtsı ha. Dı xo "Sexè Mbò Kàhıt'e" ts'edı t'à dzę dè hohłe ha.

Mbò eyıts'ǫ mbò kàts'eħt'e t'à gonàawo nats'edı. Dzę dè hohłe nı̀dè, ełeot'ı ełexè negede t'à mbò kàgeħt'e wedę ha dı. Mbò għa dǫ ładı ełets'ǫ at'ı, wet'à ełęhǫ hoghàdets'etǫ, amèę edı gots'ǫ dǫ agıt'e. Mbò ghǫ godı gots'ǫ eyıts'ǫ mbò ghàà amèę ats'ıt'e wek'ets'ezǫ. Dǫ ładı xè sèts'eze dè, mbò t'à gonàawo hoghàgets'eħtǫ hǫt'e. "Sexè Mbò Kàhıt'e" neot'ı eyıts'ǫ neagia gıts'ǫ haıdı dè wet'à ełexè gonàawo nàtso ade ha hǫt'e.

Dǫne Sǫhı Yatı Zàa 2021 Kǫta gots'ǫ Mbò Kàts'eħt'e Nı̀hıt'è hòłı, 2019 k'è Easy and Healthy Home Cooking Recipe Contest mbò kàts'eħt'e għa edets'ehdza hòłı ı̀lè Department of Health eyıts'ǫ Social Services (HSS). Department of Education, Culture eyıts'ǫ Employment (ECE), wenı̀hıt'èkǫ xè dı mbò kàts'eħt'e nı̀hıt'è hòłı hǫt'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!

Dı nıhtł'è k'è edàni mbò kàts'eht'e dek'èhtł'è, dọ eyıts'ọ ẹfot'ı hazọ Edzane k'è got'ọ agı'e họt'e:

Tatł'akò gots'ọ kòta –

Irma Cardinal's Char Whebè (Inuvik)

Sahtu gots'ọ kòta –

Tulita Batch Cooking Club's K'ába eyıts'ọ ı'ò Tıwo

Dehcho gots'ọ kòta –

Deborah Stipdonk's Golo Tıwo (Fort Simpson)

Tłıchǝ gots'ọ kòta –

Joy Mantla's Shrimp Tłeh t'á et'è (Behchokò)

Kwèbacha gots'ọ kòta –

Priscilla Lepine's Tıwo, asıı weghàhòowo t'á

Kàtł'odeh gots'ọ kòta –

Lisa Smith's Family Chili

Sọmbak'è gots'ọ kòta –

Carter Stirling's Family Hamburger Tıwo & Sophie Maksimowski's ı'ò whet'è eyıts'ọ Grain Bowl

Dọne Sọłı Yatı Zàa k'è dı mbò kàts'eht'e nıhtł'è t'á NWT gots'ọ Dọne Sọłı Yatı, nekòta gots'ọ yatı hoghàdıto!

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's Traditional Arctic Char Whebè (Inuvik)

Irma dı hadı, dı mbò kaet'è segha nezi, omega 3 fats ek'a nezi wets'qelı, wet'à hotı ts'eda eyıts'q ndè ts'q hq't'e. Asparagus tı t'à etse wexè ts'eza nezi, nıshe t'a lèt'e wet'è lekq.

Eyıts'q Irma sètı dè, Muskeg Tea (Lidıı muskeg) edq, hotı eda gha eyıts'q xo ghàà ndè k'è nàts'ehtsı ha dı le.

Edàwha gots'q et'è ha:
15-20 nagea



Dq edàtq sèze ha:
4



Ayı edàtq t'à hohle ha:

4-5 oz. aıda char hıwe
1 tbsp. echlıı garlıc tle dekwo
1 ½ lıbò tı hànı le dè tıwo

Edànı elexè neht'è ha:

1. Satsq k'è kw'at'e whekq anele, tle dekwo eyıts'q tı xè, yazea exo anele (sıı exo ha le).
2. Eıwe ełegà wek'è nıle, ełek'è dawhela anele le. Kq k'è ts'ewhı exo ha. Sıı exo ha le.
3. Asıı wek'è whehchı le, 10 nagea gots'q et'e ha. Echlıı weyıı gòza t'à kw'at'e yıı gots'q hıwe whet'e nıchı.

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



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.



Cook time:
2 hours



Serving size:
8-12

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.



Tulita Batch Cooking Club's Homemade Kàba, Lentil eyits'ò ìt'ò tìwò

Dì tìwò ts'ehtsì gogha nezì, dìi le ts'ehtsì t'á. Lentils, beans, tofu hànì le dè k'àba ełetah anele. Ìt'ò ts'èse dè ìt'ò bok choy wetah ats'ehzì. T'asì t'ala wet'à hotì ts'eda gha nezì wetah anele ha asanìle. Ełexè sèts'eze gha mbò kàts'eht'e họt'e.

Edàwha gots'ò et'è ha:
2 sadzè



Dò edàt'ò sèze ha:
8-12



Ayì edàt'ò t'á hohle ha:

8 libò tì hànì le dè, tìwò
1 nechàlea cabbage ìt'ò tàt'a
2 libò celery ìt'ò tàt'a
2 onion t'òch'ì - degò hànì le dè, dekwò
2 libò carrots kwah wek'èt'ì eyits'ò tàt'a
2 bell pepper ìt'ò wek'enàtso eyits'ò nechàlea tàt'a
2 garlıc cloves nechàlea tàt'a
2 28 oz. cans satsòtò tomatoes nechàlea tàt'a
2 tsp. echìlì oregano whegò
2 tsp. echìlì basil whegò
1 tsp. echìlì red pepper whegò
Dewà, naedì nıhts'ia, cayenne t'á ìekò ìedì anele

Wetah anele:

2 libò mbò/k'àba whet'e le hànì le dè 2 nechàlea tofu
1 satsòtò nechàlea beans hànì le dè lentils

Edànì ełexè neht'è ha:

1. Tò necha yì, tì hànì le dè tìwò ebè anele. Ìt'ò, herbs ìt'ò eyits'ò dewa hazò wetah anele.
2. Mbò hànì le dè k'àba, beans hànì le dè lentils wetah anele. Tofu wetah anele ha dè, nõde 10 nagea wexè ebè anele.
3. 90 nagea gots'ò ts'ehwhì ebè ha, ìt'ò hazò dezi le adza gots'ò eyits'ò mbò nezì ebè gots'ò.

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's Golo Stew (Fort Simpson)

Deb dı hadı: "Dı tıwo ehtsı segha nezi, ıekq eyıts'q dı le ehtsı ha asanıle eyıts'q detı le t'á hohıe! İt'q ıadı t'á anet'ı ha asanıle, ıt'q ts'eshe hını le dè naedık'è naehdı. Dzę tanı k'è slow cooker tğ t'á mbò kàet'e nıdè, xets'q weghq sehtı ha dı le. Dı mbò hını wet'è ıekq eyıts'q wet'á gobò dagòzq. Ejıet'o wexè ahıa dè, t'ası hazq weghe sets'eze ha ıle ts'eza ade ha. Seot'ı ıet'e t'á hazq hageza hqt'e."

Edàwha gots'q et'è ha:
4 sadzè



Dğ edàtłq sèze ha:
8-12



Ayıı edàtłq t'á hohıe ha:

- 1 ½ lbs. aıda dedı kwq
- 1 t'ochı tåt'a
- 2 kwah necha wet'ı wedè, tåt'a
- 3 nıshe wek'ènatısq, wet'ı wedè, tåt'a
- 1-2 ııbò tı exò
- 1/2 ııbò steel cut hını le dè tıchodı
- Dewà wetah ıedı anele



Edanı eıexè neht'è ha:

1. Slow cooker tğ weyıı t'ası hazq eıetah anele.
2. 4 sadzè gots'q ts'ehwhı ebè ha.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Joy Mantla's Shrimp tleh tah et'è (Behchokò)

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

Edàni ghò Joy dı yeht'è wegħa nezı?
Dı hadı, "Łekò eyıt'à!"



Cook time:
15 minutes

Edàwħa gots'ò et'è ħa:
15 nagea



Serving size:
2

Dò edàtłò sèze ħa:
2



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



Ayıl edàtłò t'à ħohle ħa:

2 libò rice gòà wħebè
2 libò Asian ħàni le dè,
ıt'ò kàza wħet'è
500 gm (òħì nechàlea) peeled shrimps,
wheli, nayıı
1 tbsp. echıı tìè dekwo



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.

Edàni ełexè neht'è ħa:

1. Kwàt'e yıı, ½ libò tı tah shrimp neht'è. Shrimp dzèwa lànı wegohıt'ı gots'ò. Tı wedę anele.
2. Tìè dekwo eyıts'ò ıt'ò wħet'è kw'àt'eyıl anele.
3. Goa wħebè eyıts'ò ħazò ełetah anele.

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 Tìwo, asì weghàhòowo t'à (Fort Smith)

Priscilla tìwo wegħa ìekò. Dì hadì, ìt'ò hazò hats'ehde ha ìlè, wet'à tìwo hohìe. ìt'ò wedè ha ìlè wet'à tìwo wetì hohìe ìekò! Tìwo ìadì hohìe ha ìlè. Mbò kàza wetah ats'ele ha asanile, ìt'ò t'ala wetah ats'ele ha asanile, wet'à tìwo ìadì ts'ehtsì ha asanile. Slow cooker hànì le dè Dutch oven tò t'à tìwo ts'ehtsì ha asanile.

Edàwħa gots'ò et'è ha:
16 sadzè



Dò edàtlò sèze ha:
8



Ayì edàtlò t'à hohìe ha:

1 whek'ò għa òħchia nechà ìt'ò weghàhòowo (ìt'ò wet'ì, ìt'ò welò)
1 lbs. aìda mbò (ejì, dedì, ekwò), k'àba hànì le dè k'àbacho ts'èza għa nechàlea tāt'a
1 libò carrots kwah tāt'a
1 libò turnips tāt'a
1 libò celery tāt'a
1 cup onion t'òch'ì tāt'a
1 tbsp. echìlì dried basil whegò
1 bay leaf ìt'ò
Dewà eyits'ò naedi ñhts'ia wetah ìedì anele

Edànì eìexè neht'è ha:

1. ìt'ò tìwo ts'ehtsì għa ìt'ò hazò slow cooker tò nechà weyì newa eyits'ò tì whebè wete weyì neht'ì. Ts'ewħì nehè 8 – 12 sadzè gots'ò. Wha gots'ò ebè dè, tìwo dezo nàtso ade ha.
2. Tìwo, kw'à nechà yì neht'ì, ìt'ò wedè anele, eyits'ò slow cooker tò wek'ènaìtse.
3. Tìwo, slow cooker tò weyì neht'ì. Mbò, ìt'ò, bay leaf eyits'ò basil tìwo tah anele.
4. Tì wetah anele, mbò wete weyì neht'ì. 8 sadzè gots'ò ts'ehwhì ebè ha hànì le dè, wekò k'è 4 sadzè gots'ò ebè ha họt'e.
5. Dewà eyits'ò naedi ñhts'ia t'à ìedì anele!

Lisa Smith's Family Chili (Hay River)



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.



Cook time:
40-60 minutes



Serving size:
4-6

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

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.

Lisa Smith's Family Chili (Hay River)

Di, Smith wet'ì dezo gìgha nezi t'à xehts'ò t'at'e wegò sègeze h'ot'e. Dì le hoh'è eyits'ò iw'ha hoh'è ha asanile, làa t'ákò, hànì le dè dze ghàà crock pot t'ò weyì ts'ewhì ebè ha asanile eyits'ò nìht'èkò dze tanì wegò sets'et'ì ha dì le. Dò hazò asì fèkò gìgha nezi, dewà kàza eyits'ò ìt'ò kàza t'à.



Edàw'ha gots'ò et'è ha:
40-60 nagea



Dò edàt'ò sèze ha:
4-6



Ayì edàt'ò t'à hoh'è ha:

1.5 lbs. a'ida mbò nàdo (edzi hànì le dè dedì)
1 tbsp. echìlì canola oil t'èh
1 t'òts'ì dekwo nechàlea t'at'a
2 cloves garlic nechàlea t'at'a
2-3 tbsp. echìlì ch'ilì powder dewà
2-3 tbsp. echìlì dried oregano whegò
2 tsp. echìlì ground cumin dewà
1 tsp. echìlì ground coriander dewà
2 540 ml satsò t'ò kidney beans
1 796 ml satsò t'ò tomatoes t'at'a
(dewà nàtso le t'à anet'ì)
1 bell pepper t'at'a (wek'achì t'ala)
1 satsò t'ò nechàlea mushrooms, wetì wedè
hànile dè 6-8 mushrooms det'ò t'at'a
1 rib celery nechàlea t'at'a
1-2 tbsp. echìlì white vinegar degò
Dewà wetah fedi anele

Edànì efexè neht'è ha:

1. Satsò tanì ts'ò whèkò k'è kw'at'è yì t'èh tah edzi hànì le dè dedì t'òts'ì eyits'ò garlic tah neht'è.
2. Et'è xè, dewà hazò kàza wetah anele. Mbò whet'è t'ákò dè, beans (wetì wexè), tomatoes eyits'ò ìt'ò hazò wetah anele.
3. Hazò efexè ebè anele eyits'ò ts'ehwhì 20 nagea gots'ò etsè anele. Nòde, vinegar wetah anele.
4. Dewà wexè fedi anele.

Nèw'ò dè: Goa xè nezi.

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 Family Hamburger Tìwo (Sombak'è)

Carter dı hadı, ats'ò semò xè dı mbò kàeht'e segha nezi, netlò eyıts'ò lekò. Xo k'è edza gha nezi. Dı mbò lòò ełexè ts'eht'e gha họt'e – ıtłà zò ts'ehtsı – nàke weghò sèt's'et'ı ha dı le.

Edàwha gots'ò et'è ha:
2.5 sadzè



Dò edàtlò sèze ha:
20



Ayıl edàtlò t'à hohfe ha:

3 lbs. aıda mbò nàdo, ekwò, dedı kwò, k'àba kwò hànı le dè k'àbacho
2 medium t'och'ı tåt'a
2 28 oz. satsò tò whole tomatoes (dewà while)
4 libò tı
2 satsò tò nechàlea tomato soup (2 satsò tò nechàlea)
6 libò tìwo – eıl kwò hànı le dè ıt'ò (dewà nàtso le hànı le dè dewà wede) hànıle dè 6 satsò tò tìwo
8 carrots kwah wek'èt'ı wede eyıts'ò nechàlea tåt'a
2 bay leaves
6 celery nechàlea tåt'a
1 tbsp. echılı dried parsley whegò
1 tsp. echılı dried thyme whegò
1 libò pot barley whet'è le
Naedi nıhts'ıa wetah fedı anele



Edànı ełexè neht'è ha:

1. Tò nechà yıl, mbò eyıts'ò t'och'ı neht'è. Mbò wetı gòhı dè ełat'ı.
2. Hazò ełetah anele. Ełexè exò anele, eyıts'ò wekò ızıl anele, tò wek'è whezò xè ts'ehwhı etsè anele, 2 sadzè gots'ò. Slow cooker tò yıl tìwo kàza hohfe ha dı le.

Et'è dò weyatı: ıt'ò ełetah kàza whelı, kale hànı le dè spinach wetah anele, wenaedi eyıts'ò gots'ı gha ıt'ò nezi wets'òelı họt'e.

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 ìt'ò whet'è eyits'ò Grain Bowl

Dì, Sophie yeht'è wegħa nezi, dezi le eyits'ò dì le hohłè t'à. Hazò ìt'ò zò eyits'ò gluten wets'òelì le, eyits'ò whek'ò ts'era ha dì le. ìt'ò ładì t'à nehtsi ha dì le, hani le dè wetłeh ładì anele hani le dè protein wetah anele.

Edàwha gots'ò et'è ha:
1.5 sadzè



Dò edàłtò sèze ha:
4



Ayì edàłtò t'à hohłè ha:

2 beets nechà
20 brussels sprouts ìt'ò
2 tbsp. echìł tìeh – olive hani le dè tìeh t'ala
1 ½ libò raw grains – quinoa, barley, faro
1 libò tì hani le dè ìt'ò tìwo
Dewà eyits'ò naedi nìhts'ia wetah łedì anele

Tìeh tì:

2 tbsp. echìł tahini – sesame paste
2 tbsp. echìł lemon juice wetì
2 tsp. echìł maple syrup k'itì
2 tsp. echìł soy sauce
2 tsp. echìł apple cider vinegar
Sriracha sauce wetah łedì anele – nẹęwò dè

Asìì wek'è ats'ehzi:

Hummus, avocado, arugula, cherry tomato, nuts, nutritional yeast, parsley hani le dè ìt'ò ładì wek'è anele.





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.

Edàm ełexè neht'è ha:

1. Mbò weyù haet'è 450 gots'ò whekò anele, satsò xòà tanı whezò anele. Kw'àyia nàke eyits'ò kw'àcho nàke t'à neht'è ha.

2. Beets eyits'ò Brussels sprouts wek'ènahtse (beets wet'ì wek'èht'à le, nı hanele). Brussels sprouts welò wek'èt'à eyits'ò tanı tàt'a. Kw'àyia yì newa, olive oil t'èh, dewà eyits'ò naedi nhts'ia wek'è anele eyits'ò whachò whekò anele. Dewà kàza ìt'ò k'e anele; Sı, caraway hànı le dè, fennel seed, beets wek'è nezı hànı le dè, chili, Brussels sprouts wek'è nezı.

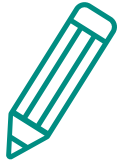
3. Neht'è, 20 nagea gots'ò, dezi le ade gots'ò.

4. Tò nechàlea yì, grains hazò tì tah nehbè, dezi le ade gots'ò.

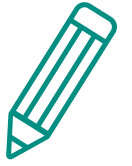
5. Kw'à hànı le dè ejà tò nechàlea yì, t'èhtì dressing nehtsı.

6. Ełexè kw'àyì neht'ì, grains eyits'ò ìt'ò, eyits'ò t'èhtì dressing wek'è anele. Wekah, ìt'ò ładı kàza wek'è anele.





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



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

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

ʔerih̄t̄'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 zed̄h̄t̄l'é yerin̄iw̄e nídé dúle.

North Slavey

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

Gwich'in

Uvanittuaq ilitchurisukupku Inuvialuktun, ququaqłuta.

Inuvialuktun

Ċ'bdĳ nŋ^{sb}bdĳ^c ʌ^clJdR^c Δ^bnĳĳ^cŋ^{sb}ŋ^b, d^cŋ^aŋ^c d^{sb}ĳ^aŋ^cŋ^c.

Inuktitut

Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

Indigenous Languages:

867-767-9346, ext. 71037

French:

867-767-9348

866-561-1664 Toll Free

Communicative phrases

English – Tl̩chq

“Come in and have a seat.”



“Goyit’a, whęda.”

“Mix the ingredients together.”



“Hazq eřetah anele.”

“Careful, the food is hot.”



“Ts’ehwhı, mbò whekò.”

“Let’s eat now.”



“Hòt’a sèts’eze ha.”

“Enjoy your meal.”



“Nezı sènet’ı.”

“The food is delicious.”



“Mbò řekq.”

“Time for you to wash the dishes!”



“Kw’à k’enařts’e gha nìřq!”