

Inuktitut – English

# Igaqatigiikta Cook with Me

Nunalityuqait Uqausituqalirivvingani Taqqirijaq 2021  
**Aviktuqsimajuni Niqiliurusiriit Uqalimaagait**

Indigenous Languages Month 2021  
**Regional Recipe Book**



Government of  
Northwest Territories

## 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.

## Quviasugit Nunalituqait Uqausituqalirivvinganut Taqqirijamut 2021!

Nunalituqait Uqausituqalirivvinganut Taqqirijau quviasuutauvakpuqarragutamaaq Vivuarimi Nunatsiarmi.

Piviksauqataqtuq tamanna Nunatsiarmiutnut quviasuutaujunnarniq sangijuninginnik iliqquasingit, piusituqangit ammalu piusuriinaqtangit. Nunatsiarmiutani 9-ngujunik ilitarijausimajunik uqausituqarijaujuqarmat. Tamatumani arraagumi isumaginiaqtavut niqiliurniq taijaujuq "Igaqatigiikta".

Niqiksaillu niqiliuqatarnirlu igavangniq atangmat piusituqarijaujunut, iqqaumauqatarnirmut ammalu ilagiittiarutaujunarnirmut. Tautunguarnanngimmataluunniit nirijaqsaqaqtivanginningit ilagiiktunik quviasuuqatigiiktuni, qikarnaujumilunniit, asinginnilunniit katiruluujarviujuni. Niqilirinniqtuq, katiruluujarutauvakpuq kinakkutuinnarnut ajjigiingittuutiujunik iliqqusiqatigiinngittunut pijunautauvangnirmut katittuunnaqatarniq. Niqiliriniq ilagijauvuq ilagiingnittinnut ammalu kinakkuunittinnut. Niriqatigiingnikkut, piusituqarijattinnik qaujittivangmigatta. Uqarruta "Igaqatigiikta" ilauqujivugut piqatialuktinnik ilattiniglu, taimaak sanginiqsaugiakannirniarmata katingavangnitinnut, iliqqusitinnut ammalu piusiriinnaqtattinnut.

Taakkua Nunalituqait Uqausilirivvinganu Taqqiq 2021-mi Aviktuqsimajunik Niqiliurusit Uqalimaagait sanajausimavut taikkunangat 2019-mi Ajurnangittunik Timimullu Piujunik Angirrami Niqiliurunnarnirmuq Atugaksait Saalaksausiarutaulaurninginnut Gavamakkut Aanniaqtulirijikkunnut Inulirijikkunginnullu. Piliriqatigiiksutik Aanniaqtulirijikkut Inulirijillu iqanaijarvinganik piliriqatigaqsutik Ilinniaqtulirijikkut, Iliqqusilirijikkut ammalu Iqanaijaaksalirijikkunnik (Iliqqusilirijikkunnik), taakkua niqiliurunnarnirmut iganirmullu uqalimaagait sanajaujunnaqsilauqput.

# 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)

## Tłı̨chǫ Region –

Joy Mantla's Shrimp Stir Fry (Behchokǫ)

## 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!

Ukua uqalimaagait iluliquaput niqiliurutinik nanituinnaq tamainnik aviktuqsimananinginni Nunatsiap inuqutinginnik ammalu ilagiiktunik:

## Tuktujaaqtuup Inuvialuillu

### Aviktuqsimananingani –

Uuma Kautinuup Iqalungmik Uuktuvangninga

### Satuumiut Aviktuqsimananingani –

Tuliitamiut Niqilirijuuqatigiingininginnik Igavangningit Aqiggirjuarmi Ammalu Piruqtunik Qajurmik

### Tiitsuumiut Aviktuqsimananingani –

Tipura Stiptaangkiup Guulu Uujuluanga (Vuat Simpsanmik)

### Łiitsuumiut Aviktuqsimananingani –

Jui Maantlaup Kingungnik Tiqtiltalianga/Saattujaalianga (Piitsukuumik)

### Vuat Simitmi Aviktuqsimananingani –

Pursila Lapiin Qajulianga Amiakkuvinirnik

### Hai Rivumiut Aviktuqsimananingani –

Liisaa Simitkut Ilagiingninginni Nilirnait Akusimajut Niqiliarivaktangit

### Jalunaimiut Aviktuqsimananingani –

Kaartu Stuulingikkut Ilagiiktut Haamuguvinirmik Kajulianga amma Suupi Maksimausikiup Piruqtut Igavingmi pilirianguningit ammalu Grain-mik Ilasimajuq

Quviasuutauli Nunalituqait Uqausilirivinganut Taqqirijaq, Aturlutik Ukuninga Niqiliurusiit Uqalimaganginik Ilinniarutaujunnarmata Nunalituqait Uqausituqanginnik, Atuqtaullutik Nangminiq Uqausituqangit Nunaliit!



## 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.



## Uuma Kautinaup Piusituqarmigut Uujuliurusinga Iqalukpingmik (Inuuviq)

Uuma uqaqattaqtuq tamanna niqiliarigialu quviagilaangat uqsuttiavaaluninganut timimut piujuunik ammalu piusituqarmigut atuqattarami niriliarigaamiuk (nunanganingaaqsimangmat). Taanna ilaqaqtigajuktaa qalaaqtitausimajunik aspiaragasmik, paittaituniglu qalaaqtittilauqsuni palaugaliarisimajanganik.

Umaup tamanna nirijumaasuuriyanga titurlunilu nunaminingaqtumik (litit tiqutinginnik) timimut piujualuuninganut ammalu nunamik pijaujunnaqattarninganut arragulimaq.



**Igajarialik uutarialik:**  
15-20 minitsiit



**Naamangniaqtuq  
niriniaqtunut:**  
Sitamait 4



### Ilaksangit:

4-5 oz. uqumainnilik iqalukpik  
1 aluutirjuaq galiksimajuq pata  
1 ½ tiituut imarmik qajurmiglunniit

### Qanuiliurniq:

1. Akunniqsuqtumik tiqtitaliurutimik uunaqsilutit akunniqsuqtumik uunarnilingma, ilasimajumik patamik, utiqilugulu tiqtiliqpat (qalaqtitaillilugu).
2. Ilalugulu iqaluk quliriiliqtittaililugu.  
Tiqtitunnatuinnarninganiitillugu. Qalaaqtitaullili.
3. Tiqtillugu tamaani 10 minitsit matuingaatilugu.  
Uusimaliqtuq iqaluk saatujaaliurvingningmik piirlugu aluutirjuarmut angmajulingmut uvvalunniit ulitiutimut.

## 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.



## Tuliitamamiut Niqilirijiuqatigiinginnik Igavangningit Aqiggiurjarmi Ammalu Piruqtunik Qajurmik

Tamanna maligaksaq niqiliurluni piugijaummariktuq aaqigiaqtaujunnattiarmit. Ilajauvaktut tamakua Lentiliit, nilirnaat, tuufuu, uvvalunniit aqiggiurjat niqia. Piruqsiviit piruqsimajuqaraangata, ilagiarivaktugut bok choymik. Ilagiasijunnaqtutit qanutuinnaq timimut piujunik. Niqiliuqatigivaktavut tamakkuninga niritittikauvut.

**Akuniunilingmik uullugu:**  
2 ikarraangnik



**Naamangniaqtuq  
niriniaqtunut:**  
8-12



### Ilaksangit:

- 8 tiituutit imarmik qajurmiglunniit  
1 mikijumik kaapijijmik, nakatiqsimaluni  
2 tiituutit sialuri nakatiqsimattiaqtuq  
2 anian - qaulluqtut quqsuqtullunniit mikijuutunut  
nakatiqsimajuq  
2 tiituutiik kiuratmik qaangijaqtausimajuuk  
nakatiqtausimallutik  
2 iviujarmik taqsalik angmalulaajuq piapa / bell pepper  
irmiksimajuq, mikijunullu pilaktuqsimalugu  
2 gaalik/garlic ilulingit siqalitiqtausimallutik  
2 28 aunsinik uqumainiliik ipuittuuk,  
pilaktuqtausimavagiiqtut mikijunut tumaiituit  
2 aluuttialaak paniqtunik urriaganu/oregano-mik  
2 aluuttialaak paniqtunik piisulmik/basil-mik  
1 aluuttialaak paniqtunik aupaluktunik papamik siqaliinik  
Tariuq, papa, kaijaan/cayenne tariunga, mamarijait maliglugu

### Ilalugit:

- 2 tiituutiik uusimangittunik niqimik/aqiggiurjuaplunniit  
niqinganik uvvaluunniit  
2 mikijuungnik kipaariktuungni tufuumik  
1 atausirmik ipuitturmik nilirnaqtunik liantulniglunniit

### Qanuiliurniq:

1. Angijumik uujuliurvingmi, imaq uvvaluunniit qajuq qalaaqtillugu. Ilalugit tamarmik piruqsimajut, ilaksajaillu, tariugasauvaktullu.
2. Ilalugu niqi, aqiggiurjuallunniit niqia, nilirnaillunniit, lintiilunniit. Aturniaruvit tufuumik, ilaniaqpatit tamaani kingullinik 10 minitsinik uutirnik.
3. Qalaaqtillugu tamaani 90 minitsinik, aqigitillugit piruqtut, niqillu uusimalirutik.

## 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.

## Tipura Stiptaangkiup Guulu Uujuluanga (Vuat Simpsanmik)

Tiapi uqasuunguvuq: "Tamanna atuqatainnasuurijara, mamarittiarakku, ajurnangisunilu sanajunnarniq ammalu akikittuuluni. Asinginniktauq ilasiqatarunnaqtunga piruqtunik piruanisaaqsimaliqtunik uvvalunniit akikigligiaqtausimaliqtunik. Ilaksajangit iliuqaqpagiirunnaqtakka sukkaitumut igajjutimut, uusimaaniktuinnauniaqtunik unnurumitarvingmi. Tamanna aqiatunattiaqtuq, piujualuullutik niqittiavait ilajausimajut. Imuktuqtittillunga, tamainik niriqattariaqaqtavut pijaujuinnauvaktut. Ilagijakka tamatuminga uujuqtuliraangamik niaquujaqtusuungugivut kajurmik palaugaalingmik sanasimajumik."



**Akuniunilingmik uullugu:**  
Sitamanik 4 ikarrait



**Naamangniaqtuq niriniaqtunut:**  
8-12



### Ilaksangit:

- 1 ½ pautinik uqumainillik muus niqianik
- 1 akunniqsuqtuq aannian, mikijuutitut nakatiqsimajuq
- 2 angijualuuk kiurat qaangijaqsimajuut ammalu mikijuutiunaqaqtisimajut
- 3 akunniqsuqtuq pattaittuq salummaqsimajuq, qaangijaqtausimajuq mikijuutitut pilaktuqsimajuq
- 1-2 tiituutiik qalaaqtitausimajuq imaq
- 1/2 tiituut alugaq
- Tariurmik ilalugu mamarijarnik



### Qanuiliurniq:

1. Tamakkua tamarmik ilalugit sukkaittumut igavingmut ukkusingmi, akuttiallugit.
2. Uukutaangiaqtait sukkaittumi, uunarninga attiktumiitillugu, sitamanik 4 ikarranik.

## Joy Mantla's Shrimp Stir Fry (Behchokò)



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



**Cook time:**  
15 minutes



**Serving size:**  
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



### 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.



## Jui Maantlaup Kingungnik Tiqtiltalianga/Saattujaalianga (Piitsukuumik)

Suuq Juip piugimangaarmiuk taimaak uuttiqatarniq?  
Tukisinakautigijumik kiuvaktuq, "mamattiarmat!"

**Akuniunilingmik uullugu:**  
15 minitsiit



**Naamangniaqtuq  
niriniaqtunut:**  
2



### Ilaksangit:

2 tiituutiik uuraaniksimajut raissi/rice  
2 tiituutiik quangujut tsainiisisiutiit akusimajullunniit  
piruqtuviniit igasimavagiiqtut  
500 gm (1 mikijumik puuliik)  
amiijaqsimajut kinguit, qungaullutik,  
mannguksiarijausimajut  
1 aluuttialaaq pata



### Qanuiliurniq:

1. Tiqtivingmi satujaaliurvingmi, igalugit kinguit  
imarmi tiituutup avanganik ilasimajumik.  
Igalugu kinguit kisiani aupajaalirutik. Imaijarlugu.
2. Ilalugu pata ammalu taikkua piruqtut  
titiqtivigijarnut.
3. Ilalugu raisi/rice tamarmiglu akullugit.

## 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!

## Purisilla Lapiin Qajulianga Amiakkuvinirnik (Vuot Simit)

Purisilla mamaqsattiarmat qajurmik. Ilaaguq quviagijaa taana niqiliurusiq atuqattarninganut piruqsimajunik nunamik piruqsianut ilaksaliarijaujunaqtunik uvvalunniit aktakuuqtauniaqtunik atuqatarnirminut. Tamakkua piruqtunik amiakkuviniit mamarniipaangujunik qajuliurutaungmata piunipaamik. Qanutuinnattiaq sanasimajunnaviuk. Ilajunnaqtait niqinik ilajumajarnik, piruqtuniglu, ajjigiingittunik qajuliurlutit taimangat. Aturunarmijutit sukkaitukkut igakutaagvingmik uvvalunniit ukkusingmi sukangajumik matusimajunnattiaqtumi akuni qalaaqtittijunnaqtumik.

**Akuniunilingmik uullugu:**  
16 ikarrait

**Naamangniaqtuq  
niriniaqtunut:**  
8



### Ilaksangit:

1 angijuq quakkuviksiuti qillajukiaq piruqtuvirniknik amiakkuvinirnik (qangijaqtaunikuvirnik, nakangillu)  
1 pautimik qanuittutuinnarmik nikinik (tuktuvak piiv, muus, tuktu), aqigirjuaq, anginiqsailunniit, pilaktuqsimallutik tamuajaksanut anginilingnut  
1 tiituut kiurat, mikijuutinut nakatiqsimalugit  
1 tiituut tuunip, mikijuutinut nakatiqsimalugit  
1 tiituut sialuri nakatiqsimmattiaqtuq  
1 tiituut annian, mikijuutinut nakatiqsimajuq  
1 aluutialaaq paniqtuq piisul/basil  
1 paniqtuq uqaujaq/bay leaf  
Tariuq ammalu papa naammagijarnik

### Qanuiliurniq:

1. Qajuliurlutit iluqarlugit piruqtunik amiakkuviniit angijualungmut sukkaittumut uuttivingmut, ilalugulu qalaqtumik imarmik, tamarmik imarmiilirlutik. Igalugu, uullugu, attiktumi unarningmi 8-12-nik ikarranik. Akuniuniqsaq uttunnaruvik, qajuttiavauniqsauniaqtuq.
2. Qajunga kuvilugu angijualungmut akuttivingmut, pijarlugit piruqtuvinit, salummarlugu uutivigiqaujait.
3. Utiqtillugu qajua sukkaittumut uuttivingmut ilalugit niqit, piruqtut, paniqtuq uqaujaq/bay leaf ammalu tipiqarutit piisul/basil.
4. Ilalugu imaq qaangagut tamainik, pijariaqaruvit. Igalugu, uullugu unarningmi attingniqsaujumi 8-nut ikarranut ungatanuullunniit, uvvalunniit unarningniqsarmii iqaniaruviut, unniaruviuk, uullugu 4 sitamanut ikarranik.
5. Tariulirlugu papalirlugulu. Nirittiarit!

## 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.



## Liisaa Simitkut Ilagiingninginni Nilirnait Akusimajut Niqiliarivaktangit (Hii Rivu)

Tamanna Simitkut ilagiikkut mamarilaarijangat pinasuarusirmi unnugumitaqsiutaunirmut. Ajurnangittiarat qilamiujunnaqsuni nirijaksaliarijaujunaqtuq iqanaijaaniktunut uvvalunniit sukkaittumik uuttivingmi igausimajunnaqtuq ulluluktaq. Amiakungit akaujut ullurumitagaksaujunnarnirmut ilinniaqtunut. Tamainnut mamarijauttiaqtuq, ilulilimmariugamik tipitirutinik tariuksajaujarnik ammalu piruqtunik.

**Akuniunilingmik uullugu:**  
40-60 minitsinik

**Naamangniaqtuq  
niriniaqtunut:**  
4-6



### Ilaksangit:

1.5 pautumik siqalitiqsimajumik niqimik (tuktuvangmik piivmik uvvalunniit muus niqianik)  
1 aluutirjuaq kuvijuaq uqsuq  
1 akunniqsuqtuq quqsuqtuq annian, mikijutinut nakatiqsimajuaq  
2 aviktuqsimaningit gaalik siqalitiqsimallutik  
2-3 aluutirjuaq tsilip tariunga  
2-3 aluutirjuaq paniqtuq uriaganu/oregano  
2 aluutialaaq kiumanmi/cumin taijaujuq siqali tariuksajaq  
1 aluutialaaq siqalitiqsimajuaq kuarijaantu/coriander  
2 maruuk 540 ml ipuittuuk nilirnaujait  
1 atausiq ipuittuq 796 ml-nik uqumainailik agguqtausimavagiitut tumaituit (niruarlutit tariuqanginiqsauninginnik)  
1 angmalulaajuq piapa/bell pepper, qanutuinaq taqsalingmik  
1 mikijuaq ipuittuq Isiurutaujaq/atungaujait imaijaqsimajut uvvaluunniit  
6-8 nutaat piruanisaqsimajut isiurutaujait/atungaujait  
1 piruqsimaniq sialuri nakatiqsimattiaqtuq  
1-2 aluutirjuaq ilaksajaq kuvijuaq vinigu/vinegar  
Tariumitirlugu mamirijarnik

### Qanuiliurniq:

1. Angijumi ukkusingmik uutilutit akunniqsuqtumik uunarningmiittunik tuktuvangmik muuslunniit niqinganik uqsulingmik ilasimaluni annianmik ammalu galikmik.
2. Tiqtinningani, ilalugit tamarmik siqalisimajut tariunguajillu. Niqinga kajunguqpat, tamainnikasaglunniit uusimattialiqpat, ilalugit nilirnaujait (imangalu ipuitturmik), tumaituillu tamarmiglu piruqtumik.
3. Qalaaqtillugu taimaak kajusitillugu qalattijarlutit 20 minitsinik ungatanullunniit. Pijariiqpallialiqpat uuttininga, ilalugu viniga ammalu akullugit.
4. Tariumitirlugu mamirijarnik.

**Atuqtaujunnarmijuaq:** niritittiniq ilasimajumik raisimik.

## 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.

## Kaartu Stuulingikkut Ilagiiktut Haamuguvirmik Kajulianga (Jalunaif)

Kartu uqalauqtuq tamanna niqiliurusiujut anaanangata atuqatainnaqtanga, niqittiavaaluullunilu, mamaqtualuulluni. Naammattiarmani ikiiraaluutillugu silami. Tamanna angijualungmik niqiliurnaqtuq - atausiirlugu igalugu, nirijaksautillugullu marruiqtarunnaqtumiglunniit ungataanuullunniit.

**Akuniunilingmik uullugu:**  
2.5 ikkarranik



**Naamangniaqtuq  
niriniaqtunut:**  
20



### Ilaksangit:

- 3 pautit uqsukittuq siqalitiqsimajuq tuktuvauq piiv niqinga, tuktuvunniit, muuslunniit, aqiggiqjualunniit, anginiqsaujuniglunniit aqiggiqjuarnik  
2 akunniqsuqtumik annian mikijutinu nakatiqsimajuq  
2 marruk 28 aunsinni uqumainnik ipuittuuk iluukaillutik tumiituit (tariukinniqsamik, tariuqangitturmiglunniit)  
4 tiituit ima  
2 ipuitturalaak tumaittuup qajua (marrungnik mikijuungnik ipuittuungnik)  
6 tiituit qajuq - tuktuvangmik piivmik niqimik uvvalunniit piruqtuvirnirik (tariunginiqsamik tariuqangitturmilunniit) uvvalunniit  
6 ipiuttuut kajutuinnatq ilasimangittuq kaansami/consommé  
8 kiurat, qaangijagsimajuut ammalu mikijuutiunaaqtisimajuut  
2 paniqtuq uqaujaq/bay leaves  
6 piruqsimanik sialuri nakatiqsimattiaqtuq  
1 aluutirjuaq paniqsimajuq siqali pausli  
1 aluutialaqtuq paniqtuq taim  
1 tiituit qajurmut ilaksajauvaktuq uusimangittuq sulii paauli/barley  
Papamik naammagijarni ilalugu



### Qanuiliurniq:

1. Angijumi ukkusialungmi, uullugit igalugit niqiillu anniallu. Imajarlugu aturuvit uqsuqalungittumik tuktuvangmi piv niqianik.
2. Tamarmik akullugit ilaksangit. Qalaaqtillugu, qamigiarlugulu uurauijarniarmat, tamani marruungnik 2 ikarraangnik. Niqiliurusiqtuq atuqtaujuunnaqtuq igalugit tamakkua sukkaittumi igajjutimi.

**Titiraqtiup uqausiksangit:** ilasijunnaqputit quarmik akusimavagiiktunik piruqtuvirnirik, kiilimiglunniit/kale-mik, spinitsimiglunniit/spinach, timimut piujunik vaitamannik ilagiarutaunirmut ammalu sugaqualuariikkutauvaktunik vaipumik/fiber.

## 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.



## Suupi Maksimausikiup Piruqtut Igavingmi pilirianguningit ammalu Grain-mik Ilassimajuq

.....

Tamanna niqiliurusirijauttiarniqaanguvuq Suupikunnut pijjutaaluni ajurnangittiarman ammalu pijarniqsuni. Niqiqangimmijuq ammalu nipitautiqarani taijaujumik gluten-mik palaugaaksajalingni, ammalu nirijaujunnasuni niglinaqtumik. Asijjirunnarmijatit ilulingit piruqtuutiqaruvit asingaanginnik, uvvalunniit asijjirunnarmijait aturlutit piruqtunik ilaksajarmik kuvisiuvaktunik kuvijunik uvvalunniit timimut nukkisautilingnik.

.....

**Akuniunilingmik uullugu:**  
1.5 ikarranik



**Naamangniaqtuq niriniaqtunut:**  
4



### Ilaksangit:

2 angijualuit piruqtut aupajaqtut piitnik/beets  
20 piruqtut angmaluqturalaat purasul spuraut/brussels sprouts  
2 aluutirjuaq – uqsuq kuvijuq - aliivmik asianigluunniit  
1 ½ tiitutiik uutausimangittut sulilunamingaaqsimajut paniqtut ilaksajait – kinnua/quinoa, paulit/barley, vauru/farro  
1 tiituut imaq uvvalunniit piruqtuvirinik kajuq Tariurmik papamiglunniit naammagijarnik ilalugu

### Kuvijuq Qaangagut ilaksajaq:

2 aluutirjuaq tahiini – amianga/minguanga  
2 aluutirjuaq lamin imigaanga  
2 aluutialaaq miipul siurap palaugarmut sirnaqsiquit  
2 aluutialaaq suijsa  
2 aluutialaaq aaputivinirnik igunaqsirijausimajunik vinigu/vinegar  
Unaqtuq suriratsamik taijaujuq / Sriracha ilaksajaq – isumaqsurlutit



### Takuminaqsautiit ilajaujunnarmijut:

Hamas/hummus, aavukaatu/avocado, aruggula/arugula, angmaluqturalaat tumaituit, qaqquagait, piujuutit timimut puttuqsautiit, nutaat parsli/parlsey siqalitiqsimajuq asingillunniit piruqsianik ilaksajait paniqsirijausimajut.





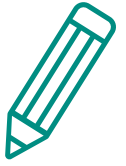
### Directions:

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.

### Qanuiliurniq:

1. Uunaqsittiarivagiirlugu kiaksautiitt 450-F-mut qitianuarlugu ilisiviksait uunniaqtarnik iluani. Marruungnik angmaluqtuungnik qajuqturviingnik aturiaqarniaqtutit ammalu marruungnik ukkusiingnik.
2. Irmigluit piitsiit/beets ammalu purasul spurautiit/brussels sprouts (qaangijaivangikkaluaqtunga, qaangijaijunnaqtutit pijumaguvit). Nakatirlugit nakkangit purasul spurautiit/brussel sproutiit, qupilugillu qitiagut. Sanirvarlugu assianut akuttivingmut, uqsumiglu ilalugu aaliv uqsunganik, tariulirlugulu, papamiglu ilalugu. Pilakturlugit pitsiit/beets kippaariiktunut asianullu akuttivingmuarlugit, uqsumiglu ilalugu aaliv uqsunganik, tariulirlugulu, papamiglu ilalugu.
3. Uullugit igalugit tamaani 20 minitsinik uvvalunniit aqigligutik.
4. Mikijumi assiani ukkusingmi, igalugit uutausimangittut sulilunamingaaqsimajut paniqtut ilaksajait immarmi, qajurmilunniit, aqilijuqsarilugit, tamaaniqai 30 minitsinik.
5. Mikijumi akuttivingmi, akutilutit iluliksanginnik ilaksajarinialiqtanginnik.
6. Aaqiumattiarniarmata tamarmik, ililugit nunamingaaqsimajut paniqtut ilaksajait ammalu piruqtut ammalu Kuvijuq Qaangagut ilaksamungusatungu. Ilajunnaqtatit takuminarutiit nirijaujunnarmijut qulaani taijausimajut.





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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 nitawihtīn ē nīhīyawihk ōma ācimōwin, tipwāsinān.

## Cree

Thichọ yati k'èè. Dị wegodị newọ dè, gots'o gonede.

# Tłuchó

ʔerihʔl'is Dëne Suhlne yatı t'a huts'elkër xa beyáyatı theʔa ʔat'e, nuwe ts'en yóltı.

## Chipewyan

Edi gondi dehghá got'je zhatié k'éé edatl'éh enahddhë nide naxets'é edahlí.

## South Slavey

K'áhshó got'íne xədə k'é hederı zedıhtl'é yerınıwé nídé dúle.

## North Slavey

Jii gwandak izhii ginijlk vat'atr'ijahch'uu zhit yinohthan jì', diits'àt ginohkhii.

## Gwich'in

Uvanittuag ilitchurisukupku Inuvialuktun, guquagluta.

## Inuvialuktun

Հիմա ՈՌԿԵԾԸ ԼԵՂԱՌԸ ՃԾԻՈՇԿՆԵՐԸ, ԶԵՆՈՋ ԵՎ ԵՆԸՆԴՈՇՆԸ:

## 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 – Inuktitut

“Come in and have  
a seat.”



“Atiiguuq ingiqataugit.”

“Mix the ingredients  
together.”



“Akulligit iluliksangit  
tamarmik.”

“Careful,  
the food is hot.”



“Ujjiqtuttlarluti,  
uunaqtualungmat una.”

“Let’s eat now.”



“Atii niriliqta maanna.”

“Enjoy your meal.”



“Nirittiarit.”

“The food is delicious.”



“Nirijaksaq  
mamaqtualuk.”

“Time for you to wash  
the dishes!”



“Nirritinik  
irruqtuilirit!”