

Gwich'in – English

Shàh Vikè'ohch'uh Cook with Me

Dinjii Zhuh Ginjik Gwisriinàn 2021
Vikè'tr'ahch'uu Gwi'dineht'èe'

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.

Dinjii Zhuh Ginjik Gwisriinàn 2021 Zhìt Shòh Ohłih!

Dinjii Zhuh Ginjik Gwisriinàn Nohjuu Ts'an gwizhìt
gweedhaa dàì' Northwest Territories gwizhìt
geenjìt srigòonch'uu tr'igwahtsih. NWT gwizhìt
t'angiinch'uu tthak nits'òo yì'eenoo tr'igwiindàì'
ts'at guuginjik vanchoh nak'oh zhàk dhitin geenjìt
srigoonch'uu gahahtsaa geenjìt goo'aih.
Jùk nagwidadhat srigoonch'uu tr'igwahtsìi guuzhik
"Shàh Vikè'ohch'uh" geenjìt tr'igjìkhih.

Shìh ts'at vikè'tr'ahch'uu k'iighè' yì'eenoo
dagweedi'n' ganitr'aandaii ts'at nihkhah gwiinzii
t'igwiheech'ah. Zheh k'oo nihkhah srigoonch'uu
gahtsìi dàì' shìh ehdanh akòo digiheedya'aa geenjìt
shù' niinjì'gwidhat! Shìh k'iighè' uu'ok nihlinehch'ì'
nihkhàh giheelyaa ts'at nits'òo ejùk gugwindaii
gik'itr'ahaandał. Nits'òo nihkwizhehk'oo gugwiindàì'
ts'at juudìn t'iidich'uu gwizhìt shìh t'ajaach'uh.
Uu'òk hàh shìh nihtatr'indaii dàì' nits'òo yì'eenoo
gwiidandàì' nihtatr'indaih. Nihkwizhehk'oo ts'at
nihkwijaa kat "Shàh Vikè'ohch'uh" guuvaadinuu
dàì' nihkhah t'ihidich'aa ts'at nits'òo yì'eenoo
gugwiidandàì' gwehneet'aih.

2019 dàì' Department of Health and Social Services
(HSS) vikè'trahch'uu geenjìt gaayii tr'ahtsìi
gìłtsaii k'iighè' jii Dinjii Zhuh Gwisriinàn 2021,
Vikè'tr'ahch'uu Gwidineht'èe' tr'ìłtsaih. HSS ts'at
Department of Education, Culture and Employment
(ECE) nihkhah gwitr'it t'igugwah'in k'iighè' jii
vikè'tr'ahch'uu gwi'dineht'èe' tr'ìłtsaih.

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)

Tłıchǫ 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!

Northwest Territories gwa'àn tthak t'angiinch'uu
nits'òo vike'gahch'uu jii dineht'eh
zhìt diinch'uh:

Ehdiitat Gwats'àt –

Irma Cardinal Nits'òo Dhik'ii Chuu Dhah Zhìt
Vikatr'ahch'uh (Inuvik)

Sahtu Gwats'àt –

Tulita Khehłat Leii Vikatr'ahch'uh Gwizhìt
Giinlih Daih ts'àt Gwinzhìh Gwisoup

Dehcho Gwats'àt –

Deborah Stipdonk Golo Stew (Fort Simpson)

Tłıchǫ Gwats'àt –

Joy Mantla Shrimp Hàh Nihlinehch'ì' Dhich'uu
(Behchokò)

Fort Smith Gwats'àt –

Priscilla Lepine Shìh Tr'ooniniindhat Gwisoup

Hay River Gwats'àt –

Lisa Smith Vizhehk'oo Geenjit Chili

Srii Tsoo Kaiik'it Gwats'àt –

Carter Stirling Vizhehk'oo Nilii Taneedichit
Gwisoup (Yellowknife) ts'àt Sophie Maksimowski
Gwinzhìh Ch'uh ts'àt Ch'ick Ghoo Zhìt Tł'oo
Lì' Nihlinehch'ì'

Dinjii Zhuh Ginjìk Gwisriinàn geenjit srigoonch'uu
gohtsìi guuzhìk jii nits'òo vike'tr'ahch'uu
gwi'dineht'èe t'adohch'uu ts'àt NWT gwizhìt
nikaiik'it guginjìk gik'inoonjih!



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 Nits'òo Dhik'ii Chuu Dhah Zhìt Vikatr'ahch'uu (Inuvik)

Irma jùu dinuu, jii vika'ahch'uu, ek'eh omega 3 vizhìt diinch'uu k'iighè' diiyeenjìt nizii ts'at yi'èenoo gwats'at diinch'uu (nan gwats'at diinch'uu) k'iighè' jii gwiyeendoo gat'iiniindhan. Asparagus teezrah hàh elch'uu, nành gwinahshii vir ts'at luhch'uh vàh tr'a'aa chan gat'iiniindhanh.

Lidii maskit jii hàh tr'idinii chan Irma gat'iiniindhanh, diiyeenjìt nizii ts'at nagwidadhat gweedhaa tthak chan duuleh tr'oonjih.

15-20 minutes gahshùk
vikatr'ahach'uh



Daankat ahleii kat egihee'aa
geenjìt agwàhchii



Jidii Vitat Tr'iheelyaa:

4-5 oz. dhik'ii
1 tbsp. aak'ii t'ok ghài' garlic hàh altsaih
1 ½ cups chuu gòo shìh chù'

Nits'òo Vikè'tr'ahach'uu:

1. Friiban zhìt aak'ii t'ok ghài' ts'at chuu iitsii gwìdhah teenjir dha'aii kak nitr'ihee'ah, tadinaadlat gwìchih gwehneedhaa gwits'at (tadinuudlat srò').
2. Łuk thòk nilii ts'at vizhìt ninoh'aìh – nihkak ninoh'aìh srò'. Gwiint'oh henèedhaa gòo tadinaadlat ch'ì' k'anohtih.
3. Vakak diniintin kwaa ts'at 10 minutes gahshuk vikaohch'uh. Span vizhìt gayiich'in' hàh łuk friiban gwats'at uunohjih.



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 Khehlat Leii Vikatr'ahch'uu Gwizhìt Giinlii Daih, Lentil ts'at Gwinzhìh Gwisoup

Jii gwizhìt diinch'uu kat jii srìt gi'gwidhan tsàt vikè'gahch'uu gwiyeendoo gat'igiiniindhanh. Lentils, beans, tofu gòò daih nihtat vike'ahach'uh. Nikhwigwinzhìi' nahshii dàì' bok choy chan vatat niidilih. Diiyeenjit gwiheezaa geenjit jidii nohthan duulèh vatat ninohlih. Nikhwah gwizhìt giinlii kat uu'òk hàh shìh nihtatr'indaii geenjit vika'ahach'uh.

2 hours gahshùk
vikatr'ahach'uh



Nihk'ii daan – ihlak juutin ts'at
neekaii ahleii kat egihee'aa
geenjìt agwàhchii



Jidii Vitat Tr'ihelyaa:

8 cups Chuu gòò shìh chù'
cabbage tsal khadineedit'uu ihlak
2 cups celery khadineedit'uu
t'oo drik dagaii gòò jidii tsoo khadineedit'uu neekaii
2 cups carrots vidhoh kwaa ts'at khadineedit'uu
pepper dat'oo vik'ee'ahtrà' ts'at khadineedit'uu neekaii
garlic cloves taneedichit neekaii
2 28 oz. iitsii tyah zhìt tomatoes khadineedit'uu
2 tsp. oregano gaii
2 tsp. basil gaii

1 tsp. pepper ch'ik gaii taneedichit

Lisel, ligeevir, cayenne pepper vigwaandaii ahleii

Jii vitat t'ohlih:

2 cups Nilii gòò daih lih – gòò 2 small blocks tofu
Itsii tyah tsal ihlak zhìt beans gòò lentils

Nits'òo vikè'tr'ahach'uu:

1. Tyah nichii zhìt chuu gòò shìh chù' tadinyahdlàt. Gwinzhìh, herbs ts'at spices vitat niniinlih.
2. Nilii gòò daih, beans gòò lentils vitat niniinlih. Tofu t'ajàhch'uu jì' guk'it'it 10 minutes gahshùk vikè'hahch'uu dàì' vitat t'inilih.
3. 90 minutes gahshùk khè'ts'at tahdinyahdlàt, gwinzhìh gwiintsàl ditlok ts'at nilii dhiver gwits'at.

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 jùu dinùh: "Jii t'at gwiieendoo gwiinzii vigwaandaii, g'gwidhan ts'at tr'ahtsii ts'at daatlok geenjit vikałch'uu gat'iinihtanh! Gwizhih nihlinehch'i' ezhik dàì' gwinahshii gòo ezhik dàì' daatlok duulèh vitat t'ihlii. Khè'ts'at vikè'ahch'uu gwi'iitsii drin t'at dàì' vizhìt shìh ihlii ts'at khahts'at tr'ihèe'aa geenjit dhich'uh. Jii shìh diieenjit nizii ts'at atr'a'aa t'ee niinzhùk vàh etr'inuhdih. Aak'ii t'ok chù' vàh diits'an ełtsii jì' jidli tr'ihèe'aa diieenjit goo'aii tthak gwizhìt t'ihèech'ah. Shizhehk'oo ch'ìk kak jidli tr'ooniniidhat tthak łuhch'uh dàn hàh gi'gahjih gat'igiiniindhan."



4 hours gahshùk
vikat'ahach'uh



Nihk'ii daan - ihłak juutin
ts'at neekaii ahłèi kat
egihee'aa geenjit agwàhchii



Jidii Vitat Tr'ihelyaa:

1 ½ lbs. dinjik nilii
1 medium t'oo drik khadineedit'uu
2 large carrots vidhoh kwaa ts'at khadineedit'uu
3 medium nành gwinahshii vik'ee'aahtraa, vidhoh
vakak khadineedit'uu
1-2 cups chuu tadinaadlat
1/2 cup steel cut gòo rolled oats
Lisel vigwaandaii ahłèi



Nits'òo vikè'tr'ahach'uu:

1. Jidii vitat tr'ihelyaa tthak khè'ts'at vikè'ahch'uu gwi'iitsii zhìt t'inilii ts'at nihtat vàh nè'niindhah.
2. 4 hours gahshùk geenjit vit'eh gwinuudhah zhàk niniinchih.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Joy Mantla Shrimp Hàh Nihłinehch'i' Dhich'uu (Behchokò)

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

Jaghadee Joy jii vikè'ahch'uu gat'iiniindhanh?
"Gwiiyeendoo gwiinzii vigwaandaii!" nùh.



Cook time:
15 minutes



Serving size:
2



15 minutes gahshùk
vikatr'ahach'uh



Neekanh kat egihee'aa
geenjít agwàhchii



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

Jidii Vitat Tr'ihelyaa:

2 cups rice, adàì' hee vikatr'ìlch'uh
2 cups Asian gwinzhìh gòò gwinzhìh nihłinehch'i'
tanh adàì' hee vikatr'ìlch'uh
500 gm (uhchuh tsal ihłak) peeled shrimp tanh,
nadhaghài
1 tbsp. aak'ii t'ok ghài'

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.



Nits'òò vikè'tr'ahach'uu:

1. Friiban zhìt chuu ½ cup agwahłeii zhìt shrimp
vikanyahch'uh. Shrimp pink nìlii gwits'at
vikanyahch'uh. Chuu vats'at najiinjah.
2. Aak'ii t'ok ghài' ts'at gwinzhìh friiban zhìt niniinlii.
3. Rice vitat t'inilih ts'at vahn nè'niindhah.

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 Shìh Tr'ooniniindhat Gwisoup (Fort Smith)

Priscilla soup gwiiyeendoo at'iiniindhanh. Gwinzhìh duuleh uu'àn tr'ihiliì jii zhìt t'ajahch'uu geenjit jii vikahch'uu gat'iiniindhanh. Jii gwinzhìh nihlinehch'i' t'at soup chù' nizii vāh tr'ahtsih. Nihlinehch'i' gwinjik t'atr'ijahch'uh! Jidlii nilii gòo gwinzhìh nihlinehch'i' niindhan duuleh vitat t'inilih ts'at soup nihlinehch'i' duulèh nyahtsih. Khè'ts'at vikè'ahch'uu gwi'iitsii chan duuleh jii geenjit t'atr'ijahch'uh.



16 hours gahshùk
vikatr'ahach'uh



Nihk'ii daan ahleii kat
egihee'aa geenjit agwāhchii



Jidlii Vitat Tr'heelyaa:

1 large freezer bag gwinzhìh tr'ooniniidhat (vidhoh ts'at vachàn hàh)
1 lbs. jidlii nilii niindhan (aak'ii, dinjik, vadzaih), daih gòo daih choo khadineedit'uu
1 cup carrots khadineedit'uu
1 cup turnips khadineedit'uu
1 cup celery khadineedit'uu
1 cup t'oo drik khadineedit'uu
1 tbsp. basil gaii
1 bay leaf
Lisel ts'at ligeevir vigwaandaii ahleii

Nits'òo vikè'tr'ahach'uu:

1. Khè'ts'at vikè'ahch'uu gwi'iitsii zhìt gwinzhìh niniinlih ts'at chuu tadinaadlat vikak tthak najiinjah. Vidhah zhàk t'inlih ts'at 8 -12 hours gahshùk heech'uu. Niinzhùk vikatr'ahch'uu dàì' vichù' gwiiyeendoo gwiinzii vigwaandaii.
2. Ch'ik ghoo nichii zhìt gwinzhìh chù' vinjìt tr'ahinjaa gwinjik niinjah, gwinzhìh gwits'at uuniinji h ts'at vikè'ahch'uu gwi'iitsii zhìt k'eenyahtrah.
3. Gwinzhìh chù' khè'ts'at vikè'ahch'uu gwi'iitsii zhìt ninjah. Nilii, gwinzhìh, bay leaf ts'at basil vitat niniinlih.
4. Geenjit goo'aii jì', vakak tthak chuu ninjah. Vidhah zhàk goo'aii jì' 8 hours gahshùk vikanyahch'uh gòo vidhah dàk goo'aii jì' 4 hours gahshùk vikanyahch'uh.
5. Lisel ts'at ligeevir vakak t'inilih ts'at shòh hàh oh'ah!

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 Vizhehk'oo Geenjit Chili (Hay River)

Smith guuzhehk'oo jii aga'aa gwiiyeendoo gat'igiiniindhan. Gwitr'it t'ee g'gwidhan ts'at tr'ahahtsaa gòò khè'ts'at vika'ahch'uu gwi'itsii zhit duuleh drin tthak ch'uu. Shìh tr'ooniniidhat nizii nilii ts'at gè'tr'onahtan zheh danh etr'ihee'aa geenjit chan duuleh njah tr'ahtsih. Vitat gwinzhìh ts'at spices leii k'iighè' gwiinzii vigwaandaii tthak gat'igiiniindhan.

40-60 mins gahshùk
vikatr'ahach'uh

Daankat gòò nihk'ii
tik ahleii kat egihee'aa
geenjit agwàhchii

Jidii Vitat Tr'iheelyaa:

1.5 lbs. nilii taneedichit (aak'ii gòò dinjik)
1 tbsp. canola ghàì'
1 medium t'oo drik tsoo khadineedit'uu
2 cloves garlic taneedichit
2-3 tbsp. chili ddhak
2-3 tbsp. oregano gaii
2 tsp. cumin taneedichit
1 tsp. coriander taneedichit
2 540 ml iitsii tyah zhìt kidney beans
1 796 ml iitsii tyah zhìt tomatoes khadineedit'uu
(vizhìt lisel leii kwaa uunohjih)
1 bell pepper khadineedit'uu (jidii vi'di'ee niindhan)
1 iitsii tyah tsal mushrooms vichù' kwaa gòò
6-8 mushrooms lih khatr'idiniint'uu
1 rib celery khadineedit'uu
1-2 tbsp. vinegar dagaii
Lisel vigwaandaii ahleii

Nits'òo vikè'tr'ahach'uu:

1. Friiban nichii gwidhah teenjir dha'aai kak aak'ii gòò dinjik nilii, t'oo drik ts'at garlic hàh khaii zhìt nyahch'uh.
2. Ch'uh guuzhik spices vitat niinjah. Nii khaiinjii dhich'uu dàì' beans (vichù' vahn), tomatoes ts'at gwinzhìh tthak vitat niniinli.
3. 20 minutes gahshùk khè'ts'at nyahvirh. Dhich'uu ndòò nyaa'ài ghwichih vinegar vitat niinjah ts'at vahn ne'niindhan.
4. Lisel vigwaandaii ahleii.

Vigwiiniindhan ji' duuleh rice chan vahn tr'a'ah.

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 Vizhehk'oo Nìlii Taneedichit Gwisoup (Yellowknife)

Carter okoo dinuu, jii t'at vahanh shìk vikayahch'uh, vitat shìh nizii ts'at gwiiyeendoo gwiinzii vigwaandaih. Khaii guuzhik gwiniik'oo geenjit nizih. Jii t'at gwiinchii tr'ahahtsah – ihlat vikatr'ahach'uu ts'at neekat tr'ihē'ah.

2.5 hours gahshùk
vikatr'ahach'uh



Neekaii juutin ahleii kat
egihee'aa geenjit agwàhchii



Jidii Vitat Tr'ihēlyaa:

3 lbs. aak'ii nìlii vik'eh kwaa, vadzaih,
dinjik, daih gòò daih choo
2 medium t'oo drik khadineedit'uu
2 28 oz. iitsii tyah zhìt tomatoes
(vitat lisel nitsal gòò lisel kwaa)
4 cups chuu
2 iitsii tyah tsal zhìt tomato soup (iitsii tyah neekaii tsal)
6 cups shìh chù' – aak'ii gòò gwinzhìh (vitat lisel nitsal
gòò lisel kwaa) gòò 6 iitsii tyah zhìt consommé
8 Carrots vidhoh kwaa ts'at khadineedit'uu
2 bay leaves
6 ribs celery khadineedit'uu
1 tbsp. parsley gaii
1 tsp. thyme gaii
1 cup pot barley lih
Ligeevir vigwaandaii ahleii



Nits'òò vikè'tr'ahach'uu:

1. Tyah nichii zhìt nìlii ts'at t'oo drik nihtat nyahch'uh. Aak'ii vik'eh kwaa nyahch'uu ji' vighai' gwiinzii vits'at najiinjah.
2. Tthak vitat tr'ihēlyaa vitat niinjah. Nyahvir t'ee iitsii gwidhah zhàk t'inilih ts'at 2 hours gahshùk khè'ts'at nyahvirh. Khè'ts'at vikè'ahch'uu gwi'iitsii chan duulèh jii geenjit t'atr'ijahch'uh.

Gehghee gahgwiheedandaii: Gwinzhìh tanh, kale gòò spinach chan duuleh vitat t'itr'ilih, vitamins ts'at fiber gwiiyeendoo vitat heelyaa geenjit.

Sophie Maksimowski's Roasted Vegetable and Grain Bowl



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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 Gwinzhih Ch'uh ts'at Ch'ik Ghoo Zhìt T'oo Lì' Nihlinehch'i'

.....

Jii gi'gwidhan ts'at vikatr'ahch'uu geenjit Sophie gwiyeendoo gat'iiniindhanh. Vegan nilii ts'at shìh vitat lùh kwaa diinch'uu ts'at duuleh nijik'oo guuzhik tr'à'ah. Gwinzhih nihlinehch'i' duuleh geenjit t'atr'ijahch'uu gòo nits'òo vigwaandaii gwiiniindhan gwinjik vichù' gòo nìlìi k'it diinch'uu duuleh vitat nitr'iheelyah.

.....

1.5 hours gahshùk
vikatr'ahach'uh



Daankat ahleii kat egihee'aa
geenjit agwahchii



Jidii Vitat Tr'iheelyaa:

Beets choo neekaii
20 brussels sprouts

2 tbsp. khaii – olive gòo ezhii ghà'ì

1 ½ cups t'oo lì' nihlinehch'i' lih – quinoa, barley, farro

1 cup chuu gòo gwinzhih chù'

Lisel ts'at ligeevir vigwaandaii ahleii

Vichù':

2 tbsp. tahini – sesame paste
2 tbsp. lemon chù'
2 tsp. maple syrup
2 tsp. soy sauce
2 tsp. apple cider vinegar

Sriracha sauce vigwaandaii ahleii – gwiiniindhan jì'

Vakak tr'iheelyaa:

Hummus, avocado, arugula, cherry tomato, nuts, nutritional yeast, parsley khadineedit'uu lih gòo herbs ezhii.





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.

Nits'òo vikè'tr'ahahch'uu:

1. Vizhìt ich'uu gwi'iitsii gwidhah 450 degrees Fahrenheit ninjì'aih ts'at vizhìt iitsii drał gwik'ideetak ninjì'aih. Ch'ik ghoo neekaii ts'at vizhìt ich'uu ch'ik neekaii geenjit hiindya'ah.

2. Beets ts'at brussels sprouts k'eenyahtrah (shii t'at beets vidhoh vits'at uunihjih kwàh gòo nanh akoo dihiindya'ah niindhan jì' akòo dindi'ih). Brussels sprouts vichàn k'è'niint'ih ts'at vit'at nit'ih. Ch'ik ghoo zhìt niniinlii ts'at olive ghài', lisel ts'at ligeevir hàh nihtat nè'niindhah. Beets khadiniint'ih ts'at ch'ik ghoo zhìt olive ghài', lisel ts'at ligeevir hàh nihtat nè'niindhah. Spice nih'inehch'i' niindhan aii gwinzhìh tat niinjah; shii t'at caraway gòo fennel seed beets tat t'ihlii gat'iinihthan gòo brussels sprouts tat chili t'ihlii gat'iinihthan.

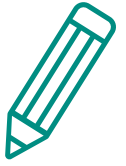
3. 20 minutes gahshùk nyahch'ùh gòo gwiintsal ditlòk gwits'at nyahch'uh.

4. Shih tyah tsal zhìt t'oo lì' chuu gòo gwinzhìh chù' zhìt gwiintsal ditlòk gwits'at vikè'nyahch'uh. 30 minutes gahshùk.

5. Lee tyah tsal gòo ch'ik ghoo zhìt vichù' tr'ahahtsaa jidii vitat tr'iheelyaa nihtat nè'niindhah.

6. Ch'ik goo zhìt t'oo lì' ts'at gwinzhìh chù' nihtat nè'niindhah. Jidii vakak t'ihinlyaa niindhan vakak t'inilih.





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A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right margin.

English

French

Cree

Tłuchó

Chipewyan

South Slavey

North Slavey

Gwich'in

Inuvialuktun

Inuktitut

Inuinnaqtun

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Communicative phrases

English – Gwich'in

“Come in and have
a seat.”



“Nihdanohjah ts'àt
jidhooch'eih.”

“Mix the ingredients
together.”



“Jidii vitat tr'iheelyaa
nihtat nohjàh.”

“Careful,
the food is hot.”



“Gisruudoonjah,
shìh niidhah.”

“Let's eat now.”



“At'at ihiida'ah.”

“Enjoy your meal.”



“Shòh hàh
nikhwizhii oh'àh.”

“The food is delicious.”



“Aa, shìh dhandaii.”

“Time for you to wash
the dishes!”



“At'at ch'ik
k'eehohtrah!”