

Kukiuqatingnga Cook with Me

Tanngungitchuat Uqauhingat Tatqiqhiutaa 2021
Nunaaqhiqpak ikaaqaqlugu

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.

Quvianaqtuakun tangngungtchuat tatqiqhiutaanni 2021!

Tangungitchuat uqauhiata Tatqiqhiutaa (ILM) quviahugviat ukiutuarman Anguniarvingmi Maani nunaptingni Northwest Territoriesmi. Tavrani maani inuniaqtuat NWTmi quviahugvigirarigaat umialguruuq inuuniarnitin Territoriesmi qulinguruutailaq uqauhiqaqtut. Uuminga atchirniaraat "Kukiuqatingnga".

Niqipianik niqliurniqting inuuniarnimikun ittuq. Hapirnaqtuq nutarariit katinigat aliauhungirviat, havangihaarvikting, quviahugvingat katinaming niqailaruting piitchinaqtut niqi! Niqit ilaanni atlakiinik nirinaqtuq atlakayariikhuni inuuniarnikput aatingiluta, ilitchuripkaqhuta inuuniaruhimingnik. Aaviktuarurugut niqiptingnik. Uqaqhuta "Kukiuqatingnga" ilaptingnun ilanaptingnunlu tutqahuirarivut tautchimiirutiqput, inuuhiqput inuuniarutikput.

Ukuat tangungitchuat uqauningat Tathiqhiutaat 2021mi nunaaqhiqpak ikaaqhaaqlugu Niqliurutit tautuktualiuqtuat isagutikangat 2019mi hapirnaitchuamik niqilautanik kukiuniningatlu akimanialahivlugit kukuiuramimikkun munaqriruat inuhingannik ukuat HSSkut. Atauchikun ukuat havaqatigiikhuting, ilihaqtuat nik atanningit, inuuniarnikput munaqringit havaatigunlu ECE, tainaqhuta una kukiuniq ilgikput tautuktuaq.

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!

Una tautuktuaq kiukiunikun iliqilaaruat ilagiitikaahaaqlugi inauravut nuDehchomin naaqhiqpak ikaaqhaaqlugu Northwest Territoriesmi:

Uumarmin Inuuvingmin –

Irma Cardinal Qaluaqpangmik kukiuruaq (Inuuvingmin)

Sahtumin –

Tulitam kukiuringi Kauktaq qaugak ilavlugu nauruanik nunamin huutuq

Dehchom Inauranganin –

Debora Stipdonk Avulligiiktaq niqinik (Fort Simpsonmin)

Tlichomin –

Joy Mantla qupilurungnat Akuvitat hiqaniqtat (Behchokomin)

Fort Smithmin –

Priscilla Lepinenim Huutulianga hunigliqaa katitchivluni

Hay Rivermin –

Lisa Smith ilanillu Chiliuqtaq

Yellowknifemin –

Carter Stirling Nutarariit Hamburgermik huutuliangat Sophie Maksimowskim Argiangi nauruat nunamin haviqhuuraiuqhunilu

Quvialhugluhi tanngungitchuat uqauhingata tathiqhiutaa kukiuvluting una aglauraqtaq ilikkangat ilihalahivlugi NWTmi Tanngungitchuat uqauhingannik kukuvluting uqaqhuting uqahimiktimingnikinaurafingni!



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 Cardinalgum Inmigun kukiuranga qaluaqpak Tariumin Qaluaqpak (Inuuvingmin)

Irma uqalaktuq kukiuramigun mamaripiaaraat pinaripiaaraat inugiaktuannik ilumun ikayutiniq iliqimagaa pingahut maanga anguranik (nunaptingnin). Niripkaikami nunamin nauruanik ilauruugaa muqpauraniglu.

Irmaam nakuarigaa taamna nirikamiung (Lidiimuskegturuuruq) pukungnaqtuaq ukiupahuuruknunamin.

Kukiunaqhi gaa:
15-20 minittun



Nirikairuni aktilaana:
Hihamanik niripainiq



Hunik kukiuningat:

4-5oz. qaluaqpak
1 Tbsp. garlic paramiglu
1 avanganiklu qalugaurak imiraamik tauq atularutin

Itna pinaqtuq:

1. Unaqhiaqhaarlugu higanurutin angiqpangitchuaq uunaakhirlgu paralirlugu imirlugu qalannguraaqpan ahiin (qalatitkaluarnagu).
2. Iliqilugu ahiin iqalungmik – qaliriikitarnagit iqaluit. Qalatitkaluarnagu hukaihilugu.
3. Qulitun minitmi kukuiuqhaarlugu matuirlugu ahiin allutamik putuligaamik niulugit iqaluit.



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.



Tulitam atauchikun kiuringit ingmiktigun tanngit qaugangangat, Lentil naurualu nunamin huutuliangat

Una kukiuniq pinarnaqtuq ukununga hapirninman. Ilauhuugivut lentilsnik, kumauraq, tufu nagaluuniin tangit qauganganik. Nauravut naumata, ilauruugivut bokchoymik. Hunikliqaa ilaurnaqtuq timimun ikayuutauruamun, Atautchikun kukiavut autulahivlugi ilifingnun.

Kukiunaqhi gaa:
Malurungni ikaarningn



Nirikairuni aktilaana:
8-12tun niripkailarut



Hunik kukiuningat:

8tun imiq imiraaq
1 mikiruamik cabbage avguqtamik
Maluruk qalugaurak tamuutitaqtamik
nauruangni nunamin
Malruk qalugaurak onions –
qatihaak qatiliaq avguqtak
Malruk qalugaurak carrots ammiyaqtak avguqtak
Malruk nauruak nunamin halumaqaarlugik
Malruk garlic cloves mikiruuarngnurlugu
avgurlugu
Malruk 28oz.qatauchikak tumaatu
Malruk tsp.paliqtat oregano
Malruk tsp.paniqtak basil
Atauhiq tsp.kaviqhak pepper flakes
Tariuq, papapa cayaenne papapa uukuturalaalugu

Ilaugu:

Malrunnik qalugaurangmik/uuilamik
naagaluuniin Malrunnik blocks tofu
Mikiruuramik qatauchikamik kumauramik naga
luuniin lentils

Itna pinaqtuq:

1. Angiruamun utkusingmun, imiq imiraaq qalatingurlugu hukaihilugu. Iliqilugu ahiin nauruanik nunamin, tipigikhautikraniklu.
2. Niqilirlugu qaugangmik luuniin, kumauraq lentils. Tofu mik aturuvit, aqulirilugu qulittun minitmi kukuihigin.
3. Yuratinnguraarlugu 90 minnitmi nunamin nauruat aqiklikpata niqilu kukiuganikpan.

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 Stipdonks Golo avuligiitaaq (Fort Simpsonmin)

Deb uqalaktuq: Una tavra qilamik kukiuhuugiga itna kukiunaqtuq mammaqpailuni, hapirnaitchuq aakinmiavlunilu! Atlanik ilaunaqtuq nauruanik nunamin aakiklilaqtanik nauranik nunamin. Kukiulamiunga inmigun kukiularuaq niqliurvik kitigutakramnik nulaatakralu. Una niqilautanik nirinat aqiaturnat. Miluliqlu nirrigupku, iluqainik ilaualagitka timimun ikayutaunaqtuanin. Nutaqatma nakuarigaat uvamnik muqpaauriaraa taalalaamik paluvangmik ilauqtaq.



Kukiunaqhi gaa:
Hihamani ikaarnit



Nirikairuni aktilaana:
8-12 niripkailarut

Hunik kukiuningat:

Atauhimik avanganik uqumaihilaanga tuttuvamik
Atauhimik miklaruamik ainanmik
Malrunnik karritnik amiyaqtamik avguqtamiklu
Pingahunik miklilaruangnik pataatunik
halumaqtangnik, avguqtanik,
Avanganik qalugauram qalatitamik imirmik
Avanganik qalugauram itqutamik
Tarirrirlugu ilipkun



Itna pinaqtuq:

1. Iluqainik ukkuat ililugi hukaiihuuraakun kukiuvikkun angalalugu.
2. Hahamani ikaarutingni hukaihuuraarlugu.

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.

Joy Mantla qupilurungnaurat hiqanirait (Behchokomin)

Huuq Joyim kukiuhuuvaung inmigin
kukiakraliuqtani? Uqalaktuq mamatuuq!

Kukiuninga:
15minittun



Nirikairuni aktilaana:
Malurungnik niripkainiq



Hunik kukiuningat:

Malurungnik qalugaurangnik kukiuramik
haviqhuuraq
Malurungnik qiqtanik Asian akuvittat
nunamin nauruat kukiurat
500gmtun (mikiruaq puuqtaq) aamiiyaqtaq
qupilurungaurat auktat
Atauhiq aluutaqpak



Itna pinaqtuq:

1. Hiqanutingnun, qupilurungnat ililugi
avanganik qalugauram imirlugu. Qipilurungnaq
kavialaaqhilarataqtilugu. Ahiin imaiyarlugu.
2. Paramik ahiin ilalugu kukiuranik
nauruanik nunami iliqilugu.
3. Haviqhuuralirlugu ahiin iluqainik akuvillugi.



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 Lepinenim huutunga hunigligqaa (Fort Smithmin)

Priscillam huutuq mamariga. Nunamin nauruanik ilauman igitchuugait huinalimata naga luuniin utuqhalimata iktakuvingmun. Matkua utuqhalimata nauruat nunamin hiirnaqhihuurut huutuliugtuni imrarikhihuurut. Nakuupiaqtut! niqinik ilaulagihi qanuhinigligqaa atlakayariiktitalagihi. Hukaitchaukun kukiuvikun agrikun kukiulam miikihi.

Kukiunaqhi gaa:
16tun hivuhitilaanga



Nirikairuni aktilaana:
8tun



Hunik kukiuningat:

- Atauhiq aulailaq puukataq nunami naurunik ilakunik (qaangit isuungit, napaqutingit)
- Atauhiq uqumaitilaanga (tanngit tuttuat, tuttuvak, tutu), tanngit qaugangat avguuraqtaq
- Atauhiq qalugauraq karrit avguqtaq
- Atauhiq qalugauraq tirnips avguqtaq
- Atauhiq qalugauraq sallari avguqtaq
- Atauhiq qalugauraq ianaq avguqtaq
- Atauhiq aluutaqpak paniqtaq paasal
- Atauhiq bay akutuqpak
- Taiuq pappa naamagikkarnik



Itna pinaqtuq:

1. Nauruanik nunami imiraaliurutin angiruamun ikilugi hukaihuuraarlugu kukiulugi immirlugu qaanganun nauruat nunamin qanuhinigligqaa. Hivihutitilaanga kukiunim 8-12tun ikaarningitun. Hivihuruamik kukiugupki mamaq hilhaarniaqtuq imraanga.
2. Imiranga kuvilugu pingaluqpangmun, nauruat nunamin piiyarlugi, halumarlugi hukaitchuaq kukiurun.
3. Utiqtulugu ahiin imiraq hukaitchuamun kukiuvingmun Niqinik ilairlugu, nauruanik nunami, bay akutuqpait basillu.
4. Imirmik ilalugu, talulugit nauruat nunamin, ilipkun taitnarukupk. Hukaihilugu kukiurakraq8tun ikaarninihukahilugu ahiin hihamatun ikaarnini.
5. Tariulirlugu pappalirlugu ilipkun iluarikarnik.

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 qitunarariit Chili (Hay Rivermin)

Una Smithkut nakuariiparaat havangihaarvingmi nulautaq. Hapirnaichuq hukanaqtuq havaingaiqtuni kukiuyugaalaruq hukaitchuami kukiuvingmi uvlupaiqlugu. Nakurniqraatchiaq ilaku kitirutigilagaat ilihariaruming. Iluqating mamarigaat, ilauqpalik hunikliqaa tipilik.

Kukiunaqhi gaa:
40-60minitmin



Nirikairuni aktilaana:
4-6tun inungnik



Hunik kukiuningat:

Atauhiq, 5tu uqumaitilaanga tamuutitaqtaq (beef tuttuvak)
Atauhiq aluutaqpak uquq conola
Atauhiq mikilaruaq ququqtaaq ainaq avguqtaq
Malruk cloves garlic tamuutitaqtaq
Malruk-pingahut huamruaq ilaurun
2-3 aluutaqpaak paniqtat oregano
Malruk tsp. tamuutitaqtaq cumin
Atauhiq aluutauraq tamuutitaqtaq coriander
Malruk 540ml qatautchikak kaviqhak kumaurak
Atauhiq 796ml qatautchikaaq avguqtat tomatoes (ilipkunuukturlugu)
Atauhiq bell pepper avguqtaq (qanuhirliqaa aglallik)
Atauhiq qatauchikaaq mushroom imairlugu naga luuniin
6-8 pukuqamianik mushroomnik pilarutin
Atauhiq rib celerymik avguqtamik
Avanganik aluutauram qatihakmik vinegermik
Tariuq ilipkun

Itna pinaqtut:

1. Angrumun pingaluqpangmun hukaihuuraarlugu huamahilugu angnirviin, taalaalaaqhilugu niqipiaq uqrulirlugu ainalirlugu karlilirlugulu.
2. Kukiupkaqtillugu. Iliqilugu iliptun tipigikhaarlugu. Niqi kukiuganikpan taalaalaaqhiqpan, kumauranik ahiin lialugu (imirangnaniglu), tamaatu iluqainik nauruanik nunamin tavrunga ilalugu.
3. Qalatinngaarlugu hukaihilugu 20 minnitun. Kukiuganipqaqpan, ilalugu vinikamik akulugu ahiin.
4. Tariulilugu ihumapkun.

Matkuninga: Haviqhuuranik tauq ilaulagin nirigupku.

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 nutarariit Haampakamik huutuliangat (Yellowknifemin)

Carter uqallaktuq una aakangata kukiuhuugaa kitirutaliuruugaa mamaqniqrauruq. Hila qiqingumman nakuupiaqtuq. Itna kukiunaqtuq angiruqkukiurakraq – atauhiaqlugu kukiuraq malruiqhualugu nirinaqtuq.

Kukiunaqhi gaa:
Malruk avalik



Nirikairuni aktilaana:
20tun niripkainiq



Hunik kukiuningat:

Pingahut Uqumaitilaanga qaunaqpailaq tangit niqingat, tutu, tuttvak, tanngit qaugangit tirkimig luuniin
Malruk ainak avguqtak
Malruk 28 oz. qatauchikatk tumatuk
(tariupqalik inuunimun iqinailaq)
Hihamat qalugaurat imirmik
Malruk mkiruak qatauchikak tumaatuk huutuk
(malruk mikiruak qatauchikak)
Itchakrat qalugaurat imiraaq – niqimin nuaruanin
nunamin (tariulipqaurarlugu naga luuniin
tariugilaarlugu),
Itchakranik qatautchanik imaraamik
8nik karritnik aamiqtanik avguqtaniklu
Malrungnik akutuqpalingnik
Itchakranik salrit avguqtak
Aluutqaqpak, paniqtanik parslynik
Atauhimik aluutauramik paniqtanik thyme
Atauhimik qaluugauramik qatqhangnik kumauranik
kukiuhimailanik
Ilpkun papalirlugu



Itna pinaqtuq:

1. Angirumun utkuhingmun. Taalaalqhilugu niqi ainaliqtaq. Imaiylarlugu niqi.
 2. Atauchimuglugu hanaiaqtatin. Qalatinguraarlugu, hukaililugu ahiin matulugu, malrungni ikaarningni. Hukaichuamun kukiulagin niqliurvingmun.
- Una itta pilagin:** Matkuninga atularutin qigranik nauruanik nunami, kale naga luuniin spinachmik nakuuniaqtuq ilungnun.

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.

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Cook time:
1.5 hours



Serving size:
4

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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 Maksimowskim kukiuvikun kukiurangit nauruat nunami Pinagluqpakun

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Sophieim una nakuariparaan itna pinaqtuaq hapirnainman kukiuruni. Itnaitut vagan ukuatlu gluten ngitchut, qiqunggaluaqpata nirilagihi. Himauhilagilu atlanik ilipkun atitqanangilaanik pilarutin qanuhinikliqaa nauruanik nunamin ilipku ilaulagin tipigiqhalagin nakuarikarnik humigliqaa ilaulagin nakuarirarnik.

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Kukiunaqhi gaa:
1.5 ikaarnini



Nirikairuni aktilaana:
hihamanik niripainiq



Hunik kukiuningat:

Malrungnik piitsnik
20nik prasil spaut
Malrungnik aluutaqpaangik –
uqirlugu ilipkun ihumapkun
1 avanganiklu uilamik matkuninga –
quinoa, barley, faro
Atauhiq qaluugauramik nunami nauruanin imaranga
Tariuq pappu

Tipigikhautingit:

Malruk aluutaqpaak tahini – sesame paste
Malruk aluutaqpaak, lemon imraanga
Malruk aluutauraak, urgiilinin syrup
Malrungnik aluutauraangnik soy saucenik
Malrungnik aluutaurangnik apple cider vinegar
Sriracha sauce mamarikarnik – ilipkun



Mitnapinaqtuq iliqinaq:

Matkuninga ilaulamiin, avocodo, arugula, cherry tumatu, qaquraniglu, puvlakhiarrun, avguqtat parsley





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.

Itna pinaqtuq:

1. Unaaqhilugu argirviin 450 huamahilugu qitqaniglugu ilivianga kukiuvingmiituaq. Malrungnik pinagalungnik atuqhirutin malrungnilu argirvingni qahirutin atuqhirutin.
2. Irurlugi beets Brussel sprouts (amiyauralaitkitka beets,amiyalgitin aglaan). Kivlurlugi kangingi brussels sprouts kipilugi ahiin qitqatigun. Haniqpalugu pingaluqpain oliveuqruanik iliqhilugu, tariuq pappalu. Ilaulugulu isumapkun uuktualaalugu nakaurikaarnik iliqilaalugu; matkuninga ilauruugiga caraway naga luuniin fennel ilunginnik beetsniklu chiliklu naamigikamnik ilauruugitka.
3. Argirlugi 20minutmi manngaiqhirlugi.
4. Mikiruamun utkuhingmun, kukuilugi imirlugu utkuhiin arinaqhilarataqtilugi. 30minutmi.
5. Mikiruramik pingaluurakun, akuvilugu katitatin tivraqhikhautitin ilaurutikratin.
6. Atauchimuglugi pingalumun, nakuuruat timimun naurualu nunamin akulugi ahiin. Nakuarikapkun mamarikapkun.





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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 yatı k'èè. Dı wegodı newọ dè, gots'o gonede.

Tłuchó

ʔerihʔl'is Dēne Sułné yatı t'a huts'elkēr xa beyáyatı theʔa ʔat'e, nuwe ts'en yółtı.

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 yerınıwə nídé dúle.

North Slavey

Jii gwandak izhii ginijlk vat'atr'ijahch'uu zhit yinohtan jì', diits'àt ginohkhìi.

Gwich'in

Uvanittuag ilitchurisukupku Inuvialuktun, guquagluta.

Inuvialuktun

[illegible]

Inuktitut

Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

Indigenous Languages:

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867-767-9348

866-561-1664 Toll Free

Communicative phrases

English – Inuvialuktun

“Come in and have
a seat.”



“Qailutin aquvittin.”

“Mix the ingredients
together.”



“Akuvilugi niqiliakrat
atautchimun.”

“Careful,
the food is hot.”



“lilingnun munariin,
niqikrautin uunaqtuq.”

“Let’s eat now.”



“Nirrita aatnapak.”

“Enjoy your meal.”



“Nirriin mamaqrarlutin.”

“The food is delicious.”



“Mamaqtuq niqliaq.”

“Time for you to wash
the dishes!”



“Iruqhinaqhigaatin!”