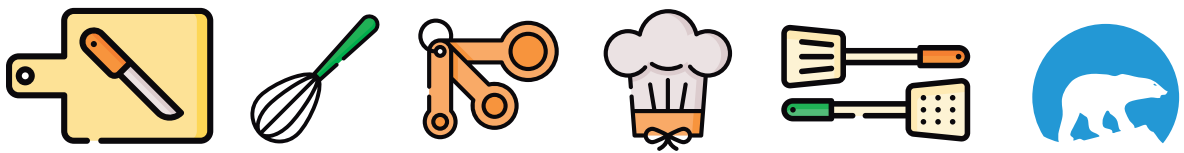


# 2019

# Easy and Healthy Home Cooking Recipe Contest



## *Regional Winners*

### *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 - 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



### 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 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.

Ingredients	Amounts for 4
Char	About 4-5 ounces (120-150g) per portion
Garlic butter	1 tablespoon
Water or broth	About 1 ½ cups

#### Irma's 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.





### Tulita Batch Cooking Club: 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.

Ingredients	Amounts for 8-12 servings
Water or broth	8 cups
Cabbage	1 small head, chopped
Celery	2 cups chopped
Onion – white or yellow	2 onions chopped
Carrots	2 cups peeled and chopped
Green bell pepper	2 washed and diced
Garlic	2 cloves, minced
Canned diced tomatoes	2 – 28 ounce cans.
Oregano, dried	2 teaspoons
Basil, dried	2 teaspoons
Red pepper flakes	1 teaspoon
Salt, pepper, cayenne pepper to taste	
<b>Add in</b>	
Meat, chicken, tofu	2 cups chopped raw meat or raw chicken. Tofu – 2 blocks.
Canned beans or lentils	1 small can

#### Directions:

1. In a large pot, bring water or broth to a boil. Add all of 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.





### 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."

Ingredients	Amounts for 4 servings
Moose meat	1 ½ pounds ( a piece the size of a man's hand)
Onion	1 medium chopped
Carrots	2 large, peeled and chopped
Potato	3 medium, scrubbed (no need to peel), chopped
Salt	To taste
Boiling water	1-2 cups
Steel cut or rolled oats	½ cup

**Deb's Directions:** Pop all these ingredients into the slow cooker, stir to mix, and set on low for 4 hours.







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

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

Ingredients	Amounts for 2 servings
Cooked rice	2 cups
Frozen Asian or mixed vegetables	2 cups cooked
Peeled Shrimps, frozen, thawed	1 small bag about 500 grams
Butter	1 tablespoon

#### Joy's Directions:

1. In a fry pan, cook shrimp in about ½ cup of water. Cook until the shrimp turn pink. Drain off water.
2. Add butter to pan. Add cooked vegetables. Add rice, and mix everything together.





### 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.

Ingredients	Amounts for 8 servings
Scraps: vegetable peelings, ends, stems	Save one large freezer bag full
Any meat (beef, moose, caribou), chicken or turkey	About 1 pound cut into bite sized pieces.
Chopped vegetables: carrot, turnip, celery, onion	1 cup of each vegetable or use 1 small bag of frozen mixed vegetables.
Dried basil	1 tablespoon
Bay leaf	1 Bay leaf
Salt and pepper to taste	To taste

#### Priscilla’s 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!





### Lisa Smith's Family Chili (Hay River)

This is the Smith family's favourite weeknight supper. It is fast to make after work, or can be left in a crock pot to simmer all day. It is great leftover, and can be packed in school lunches. Everyone loves the flavour, with lots of spices and vegetables.

Ingredients	Amounts for 4 – 6 servings
Ground meat: Beef or moose	1.5 pounds
Canola oil	1 tablespoon
Yellow onion	1 medium, diced
garlic	2 cloves minced
Chili powder	2-3 tablespoons
Dried oregano	2-3 teaspoons
Ground cumin	2 teaspoons
Ground coriander	1 teaspoon
salt	To taste
Kidney beans	2 cans 540 ml each
Canned diced tomatoes	796 ml – choose lower salt canned tomatoes
Bell pepper – any colour	1 chopped
Mushrooms	1 small can, drained or 6-8 fresh sliced.
Celery	1 rib diced
White vinegar	1-2 tablespoons

#### Lisa's Directions:

1. In a large pan, brown the beef or moose in the oil with the onion and garlic.
2. As it is cooking, add all of the spices. Once the meat is browned or mostly cooked, add the beans (including juice), tomatoes and all of 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. Test for saltiness and add more salt if required. Serve with rice.







### 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.

Ingredients	Amounts for 20 servings
Lean ground beef, caribou, moose, chicken or turkey	3 pounds (1.5 kg)
onion	2 medium, chopped
Canned whole tomatoes (lower salt or salt free)	2 – 28 ounce cans
Water	4 cups
Canned tomato soup	2 small cans
Broth – beef or vegetable broth – lower salt or no added salt OR Canned consomme	6 cups or 6 cans consomme
Carrots	8 peeled and finely chopped
Bay leaves	2
Celery	6 ribs, finely chopped
Parsley	1 tablespoon dried or ½ cup fresh
Dried thyme	1 teaspoon
Pot barley	1 cup, uncooked (16 tablespoons)
Pepper to taste	To taste

#### Carter’s 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.







### 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.

Ingredients	Amounts for 4 servings
Beets	2 large
Brussels sprouts	20 each
Oil (olive or other oil)	2 tablespoons
Salt and pepper	To taste
Grains: quinoa, barley, farro, bulgur	1 ½ cups raw
Water or vegetable stock	1 cup
<b>Dressing:</b>	
Tahini (sesame paste)	2 tablespoons
Lemon – for juice	About 2 tablespoons juice
Maple syrup	2 teaspoons
Soy sauce	2 teaspoons
Apple cider vinegar	2 teaspoons
Sriracha sauce (optional)	To taste
<b>Garnishes</b>	Hummus, avocado, arugula, cherry tomato, nuts, nutritional yeast, fresh chopped parsley or other herbs.

#### Sophie's 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 brussel sprouts (I never peel beets but you can). Cut off the stems on the brussel 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 brussel 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.

