

**NORTH AMERICAN TRADITIONAL
INDIGENOUS FOOD SYSTEMS (NATIFS)**



INDIGENOUS FOOD LAB (IFL)



**NORTH AMERICAN TRADITIONAL
INDIGENOUS FOOD SYSTEMS (NATIFS)**

“SIOUXP WARRIORS”

Recipes



**WINTER MOON-INSPIRED
CREATIONS BY THE INDIGENOUS
FOOD LAB CULINARY TEAM**

AN INDIGENOUS PANDEMIC RESPONSE

SHARING OUR HEALTHY INDIGENOUS RECIPES WITH OUR COMMUNITY

Each of these soup recipes was developed in late 2020 and early 2021 for the Indigenous Food Lab's pandemic response. Since the beginning of the program in November 2020, we have served nine of the eleven Indigenous communities in Minnesota. The IFL kitchen staff have made well over 7,000 gallons of soup, and with the help of an array of volunteers, we've packed nearly 80,000 meals. Over the course of this program, the IFL kitchen staff began calling themselves "Sioux Warriors" because of the strength, bravery, and willingness to do everything to provide for the community during the global pandemic, through quarantines and uncertainty. Given the scale of this program, it was an extensive battle and the staff rightfully earned their title of Sioux Warriors through their tireless work on the creation, near-constant evolutions, and weekly preparation of these recipes.

The Sioux Warriors are:

Alicia Castelan, Ashley Maldonado, Bryce Stevenson, Cristina Ariaz, Demcie Mesteth, Derek Nicholas, Eddie LoneEagle, Edgar Tostado, Emily Brooks, Kieran Gorman, Laura Garcia, Maia Jacobson, Mira McDonald, Nash McRoberts, Randy Cornelius, Sam Kelcher, and Vern DeFoe.

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TRIBAL COMMUNITIES

We were privileged to share our healthy Indigenous pandemic response meals with these tribal communities:

ZAGAAKWAANDAGOWININIWAG / BOIS FORTE BAND OF CHIPPEWA

The Bois Forte Band of Chippewa is located just 5 miles south of the Canadian border in the extremely dense forests of northern Minnesota. The name Bois Forte was given to the tribe by the French which translates to “strong wood” and refers to the environment they live in. There are three sections of the reservation: Vermillion, Deer Creek, and Nett Lake, the latter of which is home to “the largest contiguous wild rice beds in the world, totaling almost 8,000 acres,” and the largest producer of wild rice in the US (Tiller, 605).



The Bois Forte Band of Chippewa is a part of the larger Ojibwe band that currently stretches across the northern part of the midwest US and into southern Canada. The Bois Forte Band was originally living in small villages in what is now Canada, but moved west along the St. Lawrence River and the Great Lakes and followed the waterways inland.



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Adversely affected by the treaties of the 1800s with the US government, in 1889 the Bois Forte Band, along with other MN Chippewa tribes, resisted The Nelson Act which stated that all Chippewas living in MN were to be moved to the White Earth reservation. The Chippewas retained seven reservations in MN, Bois Forte included, but after land allotments by 1900, they were a fraction of their original size.

Today the band owns and operates Fortune Bay Resort Casino and Bois Forte Wild Rice which partially supports the community's

economy. They offer many social services for the community members and strive to preserve their traditions through wild rice harvesting, maple tapping, sacred ceremonies, and annual powwows.^{1,2,3}

¹Bois Forte Band of Chippewa. (2020, July 23). *A Brief Summary of Bois Forte History*. Bois Forte. boisforte.com/about/a-brief-summary-of-bois-forte-history

²Minnesota Indian Affairs Council. (n.d.). *Zagaakwaandagowininiwag / Bois Forte Band of Chippewa*.

MN Indian Affairs Council: *Zagaakwaandagowininiwag / Bois Forte Band of Chippewa*. mn.gov/indianaffairs/boisforte-iac.html.

³Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

FOND DU LAC BAND OF LAKE SUPERIOR CHIPPEWA

The Ojibwe name for the Fond du Lac reservation — established in 1854 by the Treaty of La Pointe — is “Nagaajiwanaang” which means “where the water stops” or “where the flow of the river stops” which refers to the geography of the reservation's location. Lying 15 miles west of Duluth on largely lush forests with swaths of wetlands, there are miles and miles of rivers and streams crossing the land.



The Fond du Lac Band of Lake Superior Chippewa are part of the larger Chippewa Nation, which is the second largest native ethnic group in the US. There is archaeological evidence that the Chippewa have lived in the



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Great Lakes region since 800 A.D. The Fond du Lac Band were historically a nomadic timber people and because they avoided moving to prime farming areas, they were less impacted by white colonizers' dislocation of tribal communities than other Ojibwe tribes living in Minnesota.

Today the Fond du Lac Band has over 4,000 enrolled members and owns and operates Black Bear Casino, Fond du

Lac Casino, a championship golf course, and an annual powwow, all represent the largest tourist attractions for the reservation. The band also runs their own branch of the Ojibwe School Board which has a K-12 school, a Head Start program, and a community college.^{4,5,6,7,8}

⁴Fond du Lac Band of Lake Superior Chippewa. (2018). *Onigamiinsing Dibaajimowinan - Duluth's Stories*. duluthstories.net.

⁵Fond du Lac Band of Lake Superior Chippewa. (n.d.). *Anishinaabemowin*. fdlrez.com/ojibwe/index.htm.

⁶Fond du Lac Band of Lake Superior Chippewa. (n.d.). *Fond du Lac Band of Lake Superior Chippewa*. fdlrez.com.

⁷Minnesota Indian Affairs Council. (n.d.). *Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa*. MN Indian Affairs Council: *Nah-gah-chi-wa-nong / Fond du Lac Band of Lake Superior Chippewa*. mn.gov/indianaffairs/fonddulac-iac.html.

⁸Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

PRAIRIE ISLAND INDIAN COMMUNITY

The Prairie Island Indian Community is located 30 miles southeast of the Twin Cities down the Mississippi River. The reservation is nestled on the wooded shores of the Vermillion and Mississippi Rivers which is an area spiritual for the tribe as medicine gatherers have been coming here for hundreds of years. The tribe is a part of the larger Mdewakanton people which translates to “those who were born of the waters.”



The people of Prairie Island have survived not one, but two removals from their native lands at the hands of the US Government. They were forced to leave in both 1851 and again after the US-Dakota war of 1862 to reservations in South Dakota and Nebraska. After the second removal, a few families literally walked back to Prairie Island and purchased land, and it is those families who have populated the rest of the 1,000+ enrolled members today.



Prairie Island Indian Community has a storied past even after its recognition as a reservation in 1936. Through the above-mentioned removals and returns, the flooding of ancestral lands due to Army Corps of Engineers' Lock and Dam number 3, and a long battle with Xcel Energy's nuclear power plant and subsequent nuclear waste just 600 yards from the community, the people of Prairie Island have persevered.

After being gifted a male bison in 1992 from the Lakota in South Dakota, PIIC has been running the Edwin Buck Jr. memorial Buffalo Project - a project to establish a herd to provide meat for the community. It is one of very few managed bison herds in Minnesota and alongside this project, the tribe continues to hold traditional cultural and spiritual ceremonies and celebrations to preserve and promote their culture and heritage. Today the tribe also owns and operates Treasure Island Resort and Casino.^{9 10 11 12 13}

⁹Meyer, R. (1961). The Prairie Island Community a Remnant of Minnesota Sioux. *Minnesota History*, 37(7), 271-282. Retrieved May 3, 2021, from [jstor.org/stable/20176384](https://www.jstor.org/stable/20176384)

¹⁰Minnesota Indian Affairs Council. (n.d.). *Tinta Wita / Prairie Island Indian Community*. MN Indian Affairs. Council: Tinta Wita / Prairie Island Indian Community. mn.gov/indianaffairs/prairieisland-iac.html

¹¹Prairie Island Indian Community. (2021). *Prairie Island Indian Community*. prairieisland.org.

¹²Prairie Island Indian Community. (n.d.). Buffalo Project. prairieisland.org/community/buffalo.

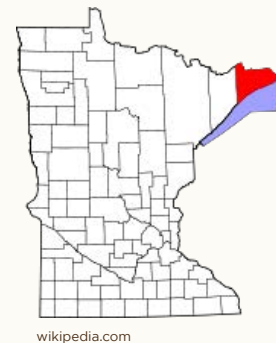
¹³Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

GRAND PORTAGE BAND OF LAKE SUPERIOR CHIPPEWA

The Grand Portage reservation is located in the extreme northeast corner of Minnesota along 24 miles of Lake Superior shoreline and nearly 50,000 acres of heavily wooded land. Because of its geographic proximity and history with the fur trade, the Grand Portage Band of Lake Superior Chippewa has close ties with Ojibwe that now live in Canada as the border often splits extended families.



Grand Portage surrounds a historic fur trade site alongside the lakeshore of Superior, which is now a reconstructed national monument and a replica of the 1700s trade fort that once stood there. At the monument, culture and traditions of the Ojibwe people are taught alongside the history of the French fur trade. The name Grand Portage comes from the 9-mile portage inland to avoid the cascading Pigeon



River, including High Falls which is Minnesota's tallest waterfall at 120 ft.

Today the community at Grand portage is the center of tribal happenings. The Band owns and operates Grand Portage Lodge and Casino. Timber remains a very important aspect of the economy as well due to the deeply wooded area the reservation sits. In 1990, a portion of landholding a 300 year old twisted cedar tree known as the Little Spirit Cedar Tree or Manito Geezhigaynce was purchased for the tribe. It has great spiritual significance to the Band and to protect cultural heritage, it can only be visited accompanied by a tribal guide.^{14 15}

¹⁴Minnesota Indian Affairs Council . (n.d.). *Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa*. MN Indian Affairs Council: Gichi-Onigaming / Grand Portage Band of Lake Superior Chippewa. <https://mn.gov/indianaffairs/grandportage-iac.html>.

¹⁵Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

LEECH LAKE BAND OF OJIBWE

Located in dense pine forests of north-central MN, the Leech Lake Band of Ojibwe is a part of the larger Minnesota Chippewa tribe. 100 miles south of the Canadian border, Cass Lake is the largest community within the reservation. The land the reservation sits on is largely swampy and contains over 200 lakes both named and unnamed. 40 of those lakes are producing wild rice and Leech Lake is the largest wild rice producing reservation in Minnesota.



The Ojibwe people have been living in the Leech Lake region for hundreds of years after they pushed Dakota communities out of the area during the mid-to-late 1700s. At first, they lived on small islands in Leech Lake but then expanded further into the region. The Leech Lake reservation is home to the Mississippi and Pillager Ojibwe bands and the tribe currently has around 10,000 enrolled members. The Leech Lake Band holds the smallest percentage of its reservation's land than any of the state's tribes, mainly due to the many large lakes and The National Chippewa Forest.



wikipedia.com

Today the band owns and operates the Palace Bingo & Casino, Northern Lights Gaming Emporium, and White Oak Casino. The gaming industry is an important source of

revenue, though they also rely on tourism and timber just like the rest of the region. The Leech Lake band confirmed its right and other tribal communities' right to control hunting, fishing, and wild rice activities in the first major Minnesota case on the subject back in the 1970s. The tribe is committed to the preservation of heritage through the continuation of their language, ceremonies, customs, and beliefs.^{16 17 18 19}

¹⁶Leech Lake Band of Ojibwe . (n.d.). *History*. Leech Lake Band of Ojibwe. lojibwe.org/aboutUs/history.html.

¹⁷Leech Lake Band of Ojibwe. (n.d.). *About Leech Lake Band of Ojibwe*. Leech Lake Band of Ojibwe. lojibwe.org/aboutUs/demographics.html.

¹⁸Minnesota Indian Affairs Council. (n.d.). *Gaa-zagaskwaabiganikaag / Leech Lake Band of Ojibwe*. MN Indian Affairs Council: Gaa-zagaskwaabiganikaag / Leech Lake Band of Ojibwe. mn.gov/indianaffairs/leechlake-iac.html.

¹⁹Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

CANSA'YAPI / LOWER SIOUX INDIAN COMMUNITY

The Lower Sioux Indian Community is located on the southern side of the Minnesota River at the site of the U.S. Indian Agency and the Bishop Whipple Mission which are both part of the original reservation from the Treaty of 1851. The land is agriculturally very rich and is located in the river's floodplain with wooded bluffs. The Lower Sioux Tribe owns all of the land their reservation sits on.



With 930 currently enrolled members, they are a part of the larger Minnesota Dakota Nation - specifically the Mdewakanton and Wahpekute bands. It was members of these bands and other two "upper bands" that waged war against the US Government in 1862 after multiple years of unfulfilled treaty obligations. After the US won the war, they nullified treaties with the Dakota and exiled them all to South Dakota. A handful of loyalists were allowed to stay and some families eventually made their way back from South Dakota and under the 1934 Indian Reorganization Act, became an organized tribe.



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With one of the largest traditional powwows at over 800 dancers and drum groups, the Lower Sioux Indian Community strives for a healthy, safe, and happy community guided by Dakota culture, traditions, and language. Today the Lower Sioux Indian Community owns and operates Jackpot Junction and went to court in 1989 to allow blackjack - setting a precedent for all Minnesota tribes to be allowed to. The casino is the largest employer and supports the

community's education programs, social services, healthcare system, affordable housing, and many more departments aimed to promote the general welfare of the community.^{20 21 22}

²⁰Lower Sioux Community. (2016, July 13). *About Us*. Lower Sioux Community. lowersioux.com/about-us/

²¹Minnesota Indian Affairs Council. (n.d.). *Cansa'yapi / Lower Sioux Indian Community*. MN Indian Affairs Council: Cansa'yapi / Lower Sioux Indian Community. mn.gov/indianaffairs/lowersioux-iac.html.

²²Velarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605-640). Essay, BowArrow Publishing Company.

MISKWAAGAMIWI-ZAAGAIGANING / RED LAKE NATION

Just 25 miles north of Bemidji, the Red Lake Reservation is heavily wooded with many lakes and swamp areas, while the western part of the reservation is suitable for farming and agriculture. Red Lake, the tribe's namesake, is the largest freshwater lake wholly contained within one state in the entire US. The lake is deeply sacred to the tribe and is called Miskwaagamiwi-Zaagaiganing in Ojibwe.



The Red Lake Band has been in this geographic area since the Dakota people were pushed out in the mid-1700s. The Red Lake reservation is unique to Minnesota as it is the only “closed reservation” meaning the land on which it lies was never ceded to the US government and then later set aside as a reservation. The Red Lake



Nation claims their land “by right on conquest and aboriginal title” (Brill, 19). The tribal leadership of the late 1800s skillfully resisted the Dawes Allotment Act which in turn helped to preserve the tribe's traditions and heritage, for example, English is the second language for many middle-aged and older band members.

Today the Red Lake Nation included four communities; Little Rock, Redby, Red Lake, and Ponemah which, due to its isolated location, continues many of the older traditions and culture of the band. There are opportunities with small businesses, The Tribal Council, and their three gaming enterprises: Seven Clans Casino Thief River, Seven Clans Casino Red Lake, Seven Clans Casino Warroad. The Red Lake Tribe has a successful paddy rice and Fishery.^{23 24 25 26}

²³Brill, C. (1992). Freedom is Our Heritage. In *Red Lake Nation: Portraits of Ojibwe Life* (pp. 19–31). Essay, University of Minnesota Press. ebookcentral.proquest.com/lib/wsu/detail.action?docID=3039165.

²⁴Minnesota Indian Affairs Council. (n.d.). *Miskwaagamiwi-Zaagaiganing / Red Lake Nation*. MN Indian Affairs Council: Miskwaagamiwi-Zaagaiganing / Red Lake Nation. mn.gov/indianaaffairs/redlake-iac.html.

²⁵Red Lake Nation. (2020, March 5). *Tribal History & Historical Photos*. Red Lake Nation. redlakenation.org/tribal-history-historical-photos.

²⁶Yelarde Tiller, V. E. (2005). Minnesota. In Tiller's Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605–640). Essay, BowArrow Publishing Company.

MDEWAKANTON / SHAKOPEE MDEWAKANTON SIOUX COMMUNITY

The Shakopee Mdewakanton Sioux Community is located not too far southwest of the Twin Cities. They are a part of the larger Dakota Nation of people who have lived in the Minnesota and Mississippi River Valleys for thousands of years. Their name “Mdewakanton” means “dwellers at the spirit waters” and the people historically fished and gathered wild rice from the rivers of the area.



Their ancestors fought in the US Dakota War of 1862 after multiple years of unfulfilled treaty obligations. After the US won the war, they nullified treaties with the Dakota and exiled them all to South Dakota. A handful of loyalists were allowed to stay and some families eventually made their way back from South Dakota and slowly developed communities that included Shakopee.

Today, Shakopee Mdewakanton Sioux Community owns and operates Little Six Casino — named for Little Six, a leader during the US Dakota War of 1862 - and Mystic Lake Casino Hotel. Revenues from their gaming enterprises are aimed to go right back to the community as guided by the Dakota tradition of helpfulness. Shakopee Mdewakanton Sioux Community is the single-largest benefactor nationally for Indian country. Aside from charitable donations, they have also provided economic loans to other tribes both in and out of Minnesota. Alongside their giving, they are dedicated to promoting and providing access to healthy, Indigenous foods through their Indigenous garden, Wozupi, and their natural food market, Mazopiya.^{27 28 29}



²⁷Minnesota Indian Affairs Council. (n.d.). *Mdewakanton / Shakopee Mdewakanton Sioux Community*. MN Indian Affairs Council: Mdewakanton / Shakopee Mdewakanton Sioux Community. mn.gov/indianaaffairs/shakopee-iac.html.

²⁸Shakopee Mdewakanton Sioux Community. (n.d.). *History of the Shakopee Mdewakanton Sioux Community*. Shakopee Mdewakanton Sioux Community. shakopeedakota.org/culture/our-native-american-history.

²⁹Shakopee Mdewakanton Sioux Community. (n.d.). *The Culture of the Shakopee Mdewakanton Sioux Community*. Shakopee Mdewakanton Sioux Community. shakopeedakota.org/culture/our-native-american-tribe.

PEZHUTAZIZI / OYATE (UPPER SIOUX COMMUNITY)

Just five miles south of Granite Falls along the northern side of the Minnesota River, the land that the Upper Sioux Community is located on is called “Pejuhutazizi Kapi” which means “the place where they dig for yellow medicine.” The Upper Sioux Community is a part of the larger Minnesota Dakota Oyate (nation) and has always lived on this land with the exception of the Dakota exile following the US Dakota War of 1862.



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After the war, some defied the exile order and returned to their native lands, slowly but surely building their communities back up. In 1938, 746 acres of Dakota land was returned to the tribe and that became the Upper Sioux Indian Community.

The Upper Sioux Community strives to provide culturally-based programs and services to preserve, promote, and support Dakota traditions. Today the Upper Sioux Community owns and operates the Firefly Creek Casino and Prairies Edge Casino Resort. The

development of other enterprises over the past few years is revitalizing and energizing the reservation and has built economic opportunities for residents that were not attainable in the past.^{30 31 32}

“SIOUXP WARRIORS” *Recipes*

Kitchen note: We don’t typically peel sweet potatoes, carrots, turnips, etc., but you can peel if you prefer!

³⁰Community, U. S. (n.d.). *History of the Upper Sioux Community*. Upper Sioux Community. uppersiouxcommunity-nsn.gov/page/history.

³¹Minnesota Indian Affairs Council. (n.d.). *Pejuhutazizi / Oyate (Upper Sioux Community)*. MN Indian Affairs Council: Pejuhutazizi / Oyate (Upper Sioux Community). mn.gov/indianaffairs/uppersioux-iac.html.

³²Velarde Tiller, V. E. (2005). Minnesota. In Tiller’s Guide to Indian Country: economic profiles of American Indian reservations (2005th ed., pp. 605–640). Essay, BowArrow Publishing Company.

BISON + HOMINY

Ojibwe: Mashkode-Bizhiki-Wiiaas Miinawaa Gijikonayezigan Naboob

Dakota: Thathánka Thadó k'a Pašdáyapi Wahánpi

"This one is super easy, but feels very complicated when you are eating it, it tastes like you spent all day on it. One of my favorites to cook when I have company come over." -Demcie

Ingredients (4 servings)

- 1 tbsp sunflower oil (or any other neutral oil)
- 1/2 lb of bison chuck roast (can use beef as a substitute), medium diced
- 1 large sweet potato, medium diced
- 2-3 medium carrots, coined
- 1 whole yellow onion, medium diced
- 2 medium tomatoes roasted and chopped or 8 oz can
- 3 cloves of garlic, minced and salted
- 2 tsp sage
- 2 tsp oregano, dried
- 2, 8 oz cans of cooked hominy, drained and rinsed
- 2 quarts of stock (bison, beef, or any other stock will do)
- Apple cider vinegar to taste (never more than 2 tbsp)
- Salt to taste

Prep Method

1. In a large pot heat the oil and sear bison on medium heat for 1-2 minutes until most of the pieces develop a firm, caramel colored crust. Don't worry if all of the pieces don't brown on all sides.
2. Add in all veggies and herbs and sauté until they are soft and onions are transparent.
3. Add stock and hominy and simmer for 30 minutes.
4. Season with salt and apple cider vinegar to taste, then serve.
5. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

BISON + TOMATO

Inspired by Bryce's Nokomis (Grandmother)

Ojibwe: Mashkode-Bizhiki-Wiiaas Miinawaa Gichi-Oginii Naboob

Dakota: Thathánka Thadó k'a Uŋžínžintka Wahánpi

"The ingredients are traditionally great for curing a hangover. It's based off a family recipe for a hangover cure." -Vern

"It's comfort food and makes you feel like you've gotten all your calories in for the day." -Ki

"I second the comfort food comment, it's great to have on the stove all day so you can eat it for multiple meals. It's one of my favorites, I add some pasta when I make it at home." -Demcie

Ingredients (4 servings)

- 3 cups of cooked wild rice (1 cup dry)
- 1 tbsp sunflower oil
- 1/2 lb of ground bison
- 1 medium yellow onion, diced
- 3 cloves of garlic, minced and salted
- 1 tsp oregano, dried
- 3 medium beefsteak tomatoes roasted or two 8 oz cans of roasted tomatoes, pureed in a blender
- 2 quarts of stock (bison, beef, or any other stock will do)
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

1. Cook wild rice: bring 4 cups of salted water to boil.
 - i. Stir in wild rice, reduce heat and simmer covered, stirring occasionally for 40-45 minutes or just until kernels puff open.
 - ii. Uncover and fluff with a fork and cook for an additional 5 minutes. Drain excess water if necessary.
2. In a large pot heat the oil, add the ground bison and break it up to brown most of the pieces.
3. Drain the fat (optional) and add onion, garlic, and oregano. Sauté until the onions are transparent.

4. Add in tomato puree and cook over medium heat for 2 minutes.
5. Add stock and simmer for 30 minutes.
6. Once done simmering, add the cooked wild rice then add salt and apple cider vinegar to taste.
7. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

LAKE TROUT + LEEK

Ojibwe: Namegos Miinawaa Zhigagowaans Naboob

Dakota: Hoǵáŋ Wičháštašni k'a Psíŋ Štuŋkadan Thánka Waháŋpi

“A lighter soup with a nice green color and very rich in trout flavor.” –Vern

Ingredients (4 servings)

- 2 tbsp sunflower oil, divided
- 1/3 lb Lake Trout (4 fillets)
- 2 leek tops, blanched and pureed
- 2 medium turnips, diced
- 2 leeks, sliced (save the tops)
- 1-2 medium carrots, coined
- 1 clove garlic, minced
- 1 tsp sage, dried
- 2 qts of fish stock (unsalted veggie stock as a substitute)
- 2-3 whole kale leaves, (stalk removed, washed, massaged, and chopped)
- Apple cider vinegar to taste, never more than 2 tbsps
- Salt to taste

Prep Method

1. Oil a baking tray and salt both sides of fish (skin can be left on or removed, based on personal preference). Bake on a tray at 350 for 20 minutes or until the fish is just lightly roasted.

2. Optional step: chop leek tops to fit in a large pot of boiling water, blanche for 20 seconds, remove and immediately place in an ice bath. Puree once cooled. (The blanching process helps to keep the color of the tops, but break down the fibers so they are easier to eat.)
3. While the fish is roasting, heat oil in a large pot and add the veggies in the following order, sautéing for 1-2 minutes between each addition: turnip, leek, carrots, garlic, herbs. The veggies should be soft.
4. Add the stock, kale, leek top puree, and fish to the pot and simmer for 30 minutes.
5. Once done simmering, add salt and apple cider vinegar to taste.
6. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

PARSNIP + PHEASANT

Ojibwe: Bibigwewanashk Miinawaa Mayagi-bine Naboob

Dakota: Phanǵí Háŋska k'a Šiyóša Waháŋpi

“Wonderfully, slightly sweet, with a sort of licorice taste — it gives chicken noodle soup a run for its money.” –Ki

Ingredients (4 servings)

- 1/2 lb pheasant (Cornish hen or ground turkey can be used as a substitute)
- Maple syrup to taste (3-4 tbsp)
- 1 tbsp sunflower oil
- 3 medium parsnips (rainbow carrots can be used as a substitute), coined or half moons
- 1 medium yellow onion, medium diced
- 3 honey crisp apples, cored and large diced
- A pinch of bergamot flowers (Spanish oregano can be used as a substitute), dry
- 2 qts of veggie stock

- Apple cider vinegar to taste, never more than 2 tbsps
- Salt to taste

Prep Method

1. Cut the pheasant into parts and coat with the maple syrup. Put the pheasant into a crockpot with a pinch of salt, cover, and cook on low. Cook for 8 to 10 hours until very tender. Remove and shred the meat. Alternately, sauté ground turkey in a skillet, breaking it up with a fork, until it's lightly browned and cooked through.
2. Heat oil in a large pot and sauté parsnips for 2 minutes, add onions, apples, and bergamot flowers or oregano and continue sautéing until the vegetables and apples are soft (apples will become sort of like a chunky applesauce texture).
3. Add the meat to the pot and then the stock and simmer for 20-25 minutes.
4. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.
5. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

BISON MEATBALL

Ojibwe: Mashkode-Bizhiki-Wiyyaas Nabooob
 Dakota: Thathánka Thadó Yuhmihma Waháŋpi

“This one is similar to Italian wedding soup, but the Indigenous version.” –Ki

Meatball Ingredients (4 servings)

- ½ cup dried cranberries, frozen
- ¼ cup mirepoix* (diced vegetables)
- 1 tablespoon sunflower oil
 - 1 carrot, minced
 - 1 onion, minced
 - 1 turnip, skin-on minced
- 1 tbsp garlic, minced and mashed with a pinch of salt salt

- ⅓ cup wild rice, cooked
- 1/2, 8 oz can cooked hominy, drained and rinsed
- 1 tsp sage, dried
- 1/2 lb ground bison (can substitute for 80/20 beef)
- ⅓ tsp salt
- ½ tsp sunflower oil

*you will have extra mirepoix, but you can save it and add it to any other recipe for extra flavor.

Soup Ingredients (4 servings)

- 1 cup of dry tepary beans (can substitute canned white beans), soaked and cooked
- 1 tbsp sunflower oil
- 1 medium turnip, small dice
- 2 small carrots, small dice
- 1 medium onion, small dice
- 1 tsp cedar fronds (can substitute fresh thyme)
- 2 qts of veggie stock
- 3-4 kale leaves, stems removed, washed, massaged, chopped
- Apple cider vinegar to taste, never more than 2 tbsps
- Salt to taste
- Maple syrup to taste (3-4 tbsp)

Prep Method

Make the meatballs (4 servings)

1. Mince freeze dried cranberries in a food processor.
 - i. Make mirepoix by sautéing carrot, onion, and turnip in the sunflower oil.
 - ii. Mince mirepoix and garlic in a food processor and sauté the mirepoix and garlic in a small skillet. Cool mirepoix and garlic.
 - iii. Puree half of the wild rice in a food processor, remove and set aside.
 - iv. Mince the cooked hominy in a food processor, remove and set aside.
 - v. In a large bowl, mix the cooled garlic, mirepoix, wild rice, wild rice puree, minced dried cranberries, salt, dried sage and minced hominy.

- vi. Add the meat to the bowl and mix it into the ingredients by hand.
- vii. Use a small scoop to make 3 meatballs per serving and place on a baking sheet lined with parchment paper.
- viii. Preheat the oven to 425 degrees F. Roast for 4 minutes. Rotate the pan and roast an additional 4 minutes until the meatballs have reached 155 degrees on a meat thermometer and are slightly pink in the middle.

2. Sort through dry tepary beans for debris, then soak overnight (skip this step if using canned beans).
3. Drain beans the next day and bring them to a boil in fresh water for at least an hour. (skip this step if using canned beans).
4. In a large pot, heat oil and then sauté the turnips for 2-3. minutes. Add the carrots and sauté another 1-2 minutes, add onion and sauté until transparent.
5. Add beans, cedar, and stock. Simmer for 20-30 minutes.
6. After simmering remove the cedar, add the kale and meatballs.
7. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.
8. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

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MUSHROOM CEDAR

Ojibwe: Wazhashkwedoons Miinawaa Giizhik Naboob
 Dakota: Hokšičekpa k'a Hąŋté Wahąŋpi

“Warm, hearty, and rich mushroom flavors. Strong cedar aromas — the cedar is key in this soup.” -Ki

Ingredients (4 servings)

- 4 cups of water, divided
- 2 cups of blue corn meal
- 2, 8-oz containers of fresh mushrooms (crimini, button, white, or lion’s mane are some that we have used, but any will do)

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- 2 tbsp sunflower oil, divided
- 3 cloves garlic
- 2 qts veggie stock
- ½ cup cedar puree made of dry cedar fronds (see recipe below or can substitute lemon thyme or anything else woody but citrusy)
- Apple cider vinegar to taste, never more than 2 tbsps
- Salt to taste
- Maple syrup to taste (3-4 tbsp)

Prep Method

1. Boil 3 cups of water in a large pot and salt heavily. Once at a boil, add the corn meal through a sifter and mix to avoid lumps. Stir the bottom of the pot to avoid burning for 15 minutes.
2. Cut mushrooms to bite size pieces, toss with 1 tablespoon of oil to coat. Spread out on a parchment lined sheet pan, sprinkle with salt to taste and roast at 375 for 10 minutes. Separate half the mushrooms and puree them in a blender or food processor with a little splash of the veggie stock. Save the other half of the mushrooms for adding later.
3. In a large pot, heat 1 tbsp oil and sauté the garlic for a few minutes. Add the mushroom puree, whole mushrooms and veggie stock. Add cedar puree, and taste as you go. Simmer for 30-40 min.
4. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.

To make Cedar Puree: Simmer dry cedar in 1 cup of water for 10 minutes. Turn into a blender, puree, then return to the pot and set over a low flame to simmer for about 30 to 40 minutes.

5. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

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TURKEY HOMINY

Ojibwe: Misize Wiiyaas Miinawaa Gijikonayezigan Naboob

Dakota: Zícha Thánka Thadó k'a Pašdáyapi Wahánpi

“The turkey and the hominy are the standouts in this one — it’s not too rich, but it’s familiar and it’s a comfort soup.” -Vern

Ingredients (4 servings)

- 1 lb ground turkey
- 1 tbsp sunflower oil
- 1 medium yellow onion, medium dice
- 1 large sweet potato, medium dice
- 2 beefsteak tomatoes, roasted and roughly chopped (or 8 oz can of roasted tomatoes will work as a substitute)
- 2 medium carrots, coined
- 3 cloves of garlic, minced and salted
- 1, 8 oz can of cooked hominy, drained and rinsed
- 2 tsp oregano, dried
- 2 tsp sage, dried
- 2 qts turkey stock
- Apple cider vinegar to taste, never more than 2 tbsp
- Maple syrup to taste (3-4 tbsp)
- Salt to taste

Prep Method

1. Brown ground turkey in a pan, breaking it up with a fork,, drain fat and set aside.
 2. Heat oil in a large pot, sauté onions until transparent, then add sweet potatoes and sauté for 2 minutes. Add a little bit of water to avoid burning the potatoes.
 3. Add in the tomatoes, carrots, and garlic and sauté for another 15 minutes.
 4. Add in the hominy, seasonings, and stock and simmer for 25-35 minutes.
 5. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.
 6. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.
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TURKEY + CHILIES

Ojibwe: Mizise-Wiiyaas Miinawaa Gitigaananensag Naboob

Dakota: Zícha Thánka Thadó k'a Yamnúmnuğapi Phá Wahánpi

“Chili Sauce: before rehydrating, you must toast on the stove top, you want the chilies to burn just a little bit. This is the most important part and makes the chili sauce even better. Also don’t simmer for more than 30 minutes or the beans and onions are going to become like mashed potatoes in consistency. Taste it every once in a while as it simmers to tell if it’s done, if all the flavors are incorporated.” -Cristina

Ingredients (4 servings)

- 2 ancho chilies
- 2 guajillo chilies
- 3 chipotle chilies
- 1 lb of ground turkey
- 1 tbsp sunflower oil
- 1 medium onion, medium dice
- 2 poblano peppers, medium dice (substitute bell peppers if too spicy)
- 2 large beefsteak tomatoes, rough chop (optional: roast tomatoes before chopping)
- 2 cloves garlic, minced and salt mashed
- 1 ½ c dried black beans cooked, or 2 cans drained
- 1-2 qts turkey stock (can substitute for chicken stock)
- Apple cider vinegar to taste, never more than 2 tbsp
- Maple syrup to taste (3-4 tbsp)
- Salt to taste

Prep Method

1. Make the chili sauce.
 2. Using tongs, set the anchos, guajillos, and chipotles over stove flame and toast until charred lightly on the outside (If you have an electric range, fry them in a pan in a similar fashion — you are looking for the chillies to become very fragrant).
 - i. Place the chilies in a saucepan and cover with water. Bring to a boil to rehydrate. Remove from the heat and once at room temperature, puree in a blender or food processor. (this should make you about 2 cups).
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3. Brown ground turkey, in a skillet set over medium heat, breaking it apart until cooked, drain fat and set the meat aside.
4. Heat oil in a large pot and add veggies, turkey, garlic, and chili sauce* and mix.
5. Add black beans and stock and bring to a simmer for no more than 30 minutes.
6. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.
7. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

*add half of the chili sauce and taste for heat before adding more. If it's too hot, add more stock

TURKEY + CORN DUMPLING

Ojibwe: Mizise-Wiiaas Miinawaa Maandaamin Bisigadanaaboo

Dakota: Zícha Thán̄ka Thadó k'a Wamnáheza Aǵúyapi Paskápi

Ohán̄pi Wahán̄pi

“This applies to a lot of the soups, but basically when you are making this soup, you heat the oil and sauté the veggies, but not all the way. Then you add the rest of your veggies and stock, let it all cook a little, but not all the way. Don't add the meat until the very end, or else it will be overcooked and veggies will cook too much and can lose some of their flavor.” –Cristina

Ingredients (4 servings)

- 1 cup masa
- 1 tbsp sunflower oil + more for masa dumplings
- 1 lb ground turkey
- 1 tbsp sunflower oil
- 1 medium turnip, small dice
- 2 medium carrots, small dice
- 1 medium yellow onion, small dice
- 2 tsp sage, dried
- 1 tsp oregano, dried
- 2 qt turkey stock (can substitute for chicken or veggie stock)

- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp
- 2 tbsp maple syrup
- Salt to taste

Prep Method

1. Make masa dumplings.
2. Mix masa, some water, and a little sunflower oil with your hands until you have a dough that holds its shape. Roll into 1 inch balls and place on a parchment covered baking tray. Bake at 350 until a crust forms on the outside and the center is still soft.
3. Brown ground turkey, in a skillet set over medium heat, breaking it up with a fork; drain fat and set the meat aside.
4. Heat 1 tbsp oil in a large pot. Sauté turnips for 2-3 minutes. Then add carrots and sauté for another 1-2 minutes. Then add onion and sauté until they are transparent.
5. Add seasonings, meat, and stock. Bring to a simmer for 30 minutes.
6. Season with salt, apple cider vinegar, and maple syrup to taste, then serve.
7. Best served with masa dumpling added per serving. They don't keep very well in the soup long term.
8. Soup can be cooled to room temperature and then stored in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

THREE SISTERS

Ojibwe: Niso-Omiseyan Naboob

Dakota: Wamnáheza k'a Omniča k'a Wamnú Wahán̄pi

“Together the three sisters — bean, squash, and corn — make complete proteins. And they symbiotically grow together which makes it special and a traditional Indigenous combination.” –Vern

“The three sisters are grown together for agricultural purposes — the shade, height, soil etcetera all work together.” –Bryce

Ingredients (4 servings)

- 1 cup white tepary beans
- 1 delicata squash, medium dice
(cut off ends, clean out innards, keep skin on)
- 1 tbsp sunflower oil
- Salt to taste
- 1, 8 oz can of cooked hominy, drained and rinsed
- 1 leek, medium dice
(cut where it starts to turn green, dispose of tops)
- ¼ cup agave syrup
- 2 tsp oregano, dried
- 1 tsp sage, dried
- 2 qt veggie stock
- 2 tbsps maple syrup to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

Soak beans in water overnight, drained

1. Cook beans in plain water for 15-20 minutes or until tender but slightly firm.
2. Roast squash in oven with salt and oil at 375 until tender (stick a fork through it and it's soft).
3. In a large pot, add beans, hominy, squash, leeks, agave, oregano, sage and stock. Simmer for 20-30 minutes.
4. Season with salt, apple cider vinegar, maple syrup to taste, then serve.
5. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

ROAST PHEASANT

Ojibwe: Mayagi-Bine Naboob

Dakota: Šiyóša Waháŋpi

"It has an earthy flavor from the turnip, kale, and wild rice — kale is a hearty vegetable that besides adding to the earthy flavor, also gives a nice color to the soup." –Vern

Ingredients (4 servings)

- ½ lb pheasant (can substitute ground turkey)
- 2 tbsps sunflower oil, divided
- Pinch salt
- 1 small sprig cedar
- 4 sage leaves
- 1 large yellow onion, small dice
- 1 large turnip, small dice
- 2 medium carrots, small dice
- 2 tsp sage, dried
- 1 ½ cup cooked wild rice
- 2 qts pheasant stock (turkey or chicken stock for substitute)
- 2 kale leaves, stems removed, washed, massaged, and chopped
- 2 tbsp maple syrup (optional)
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

1. Cut the pheasant into pieces and place in a roasting pan. Drizzle with 1 tbsps oil, sprinkle with salt. Add a sprig of cedar and sage leaves. Cover with foil and roast in a 300 degree oven until very tender, about 2 to 3 hours.
2. Remove the pheasant and shred the meat (Note: if using ground turkey: brown meat in a skillet set over medium heat, breaking the meat up with a fork. drain the fat, set the meat aside).
3. Heat the remaining oil in a large pot and sauté the onion, turnip, carrots, and herbs until onions are transparent and carrot and turnips are soft.

4. Add meat, wild rice, and stock and simmer for 30 minutes. Add kale at the very end and cook just until limp, about 2 to 3 minutes.
5. Season with maple syrup, salt, apple cider vinegar to taste, then serve.
6. Serve hot or cool to room temperature and store in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

POZOLE DE MOCTEZUMA

Ojibwe: Mizise-Wiyyaas Miinawaa Gijikonayeziganaabo
 Dakota: Zícha Thánka Thadó Ašótkaziyapi Wahánpi

“Mole is a beautiful example of the complexity of indigenous cuisine. The mole we make is based on the rich flavors you would find in Oaxaca, with cocoa nibs, charred chilies and plantains, but we’ve adjusted it to highlight flavors local to Minnesota, using cranberries, wild rice, maple syrup, and chamomile. It comes together as a wonderful blend of northern and southern flavors.” –Bryce

Ingredients (4 servings)

- 1 tbsp sunflower oil
- 2, 8 oz cans of cooked hominy, drained and rinsed
- 1 lb ground turkey
- 1 cup mole sauce (store bought, or if homemade see next page for recipe)
- 2 qts turkey stock (can substitute chicken stock)
- 2 tsp oregano, dried
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

1. In a skillet, heat oil until wisps of smoke appear.
2. Add hominy, meat, and mole sauce. Cook breaking up the meat, until the paste thickens and browns slightly on the bottom.
3. Add stock and oregano. Bring to a boil, let reduce about 20 minutes.

4. Season with salt, apple cider vinegar to taste, then serve.
5. Cooled to room temperature, soup can be stored in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

MOLE SAUCE

“Dark, bitter, subtly sweet. a lightness of an ancient fire burning quietly at the very back of the palette whilst the ashes boil inside the stainless depths. somewhere deep on the turtle, an abuela watches, lost in the memories of her own abuela telling stories of abuelas and abuelos as old as the bubbling darkness. soon, it’s time to pass the practice to nietos & nietas entrusted with keeping love & wisdom & food alive in the hearts of the original people.” –Bryce

Ingredients:

- 6 ancho chilies
- 6 pasilla chilies
- 6 chipotle chilies
- 6 guajillo chilies
- 1 onion
- 1 plantain
- 1 apple
- 1 tomato
- 6 corn tortillas
- ¼ cup pepitas
- ¼ cup sunflower seeds
- ¼ cup puffed wild rice
- ¼ cup dried cranberries
- ½ cup cocoa nibs
- 1 tbsp cumin
- 1 tbsp chamomile
- ½ cup chokecherries (or blueberries)
- ½ cup maple syrup
- 5 cup duck stock (or chicken/veggie)

Prep Method

1. Using tongs, toast the chilies, onion (whole), plantain (without peel), apple (cored), tomato, tortillas over stove flame. (If you have an electric range, fry them in a pan in a similar fashion – you are looking for the chillies to become very fragrant).
2. While toasting over the stove, place pepitas, sunflower seeds, wild rice, cranberries, cocoa, cumin, and chamomile on a sheet pan and roast in the oven at 350 until golden with a caramel color.
3. Add all ingredients to a large pot, bring to a boil over high heat, then reduce heat to a simmer.
4. Simmer for 1 hour, remove from heat and turn into a blender to puree.
5. Return to pot and continue to simmer for another hour or until thick and dark.
6. Extra mole sauce, once cooled to room temperature, can be stored in an airtight container in the fridge for 7-10 days, or longer in the freezer.

SMOKED WHITEFISH + POTATO

Ojibwe: Adikameg Miinawaa Opin Nabooob

Dakota: Hoġaŋ tha Ašótkaziyapi k'a Bdo Wahánpi

Cooking tips from Cristina:

“Remember to heat the veggies slowly to avoid burning them or having them fall apart.”

“Add the spices after the veggies cook or their flavors will be lost.”

“You must put large chunks of fish into the soup, if they are too small they will continue to break up in the soup and disappear. Almost immediately after adding the fish, turn the heat off and put a lid on it, so it won't boil anymore and the fish won't break up too small.”

Ingredients (4 servings)

- 2 tbsp sunflower oil, divided
- 4 whitefish fillets, lightly roasted and flaked into bite-sized pieces

- 1 large turnip, medium diced
- 1 large potato, diced (russet or red)
- 3 carrots, diced
- 1 large leek, tops removed, diced
- 4 cloves garlic, minced and salted
- 1 tsp sage, dried
- 2 tsp oregano, dried
- 1-2 qts fish stock
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

1. Coat fillets in 1 tbsp oil and sprinkle with salt to taste. Place on a baking tray and cook for 7-10 minutes at 350. You are looking for the fish to be cooked all the way through and just barely starting to fall apart.
2. Heat 1 tbsp oil in a large pot and sauté all the vegetables until they are soft.
3. Add fish, seasonings, and stock and simmer for 30 minutes.
4. Season with salt, apple cider vinegar to taste, then serve.
5. Soup, when cooled to room temperature, can be stored in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

ROOT VEGETABLES + HOMINY

Ojibwe: Ojiiibik Gitagaanensan Miinawaa Gijikonayezigan Nabooob

Dakota: Phanġí Thokthókeča k'a Pašdáyapi Wahánpi

“Hearty, filling, and easy on your wallet. All the ingredients in this soup store very well, so if you have extras you don't need to worry about using them up immediately.” –Mira

Ingredients (4 servings)

- 2 beefsteak tomatoes, or one 14.5 oz can roasted tomatoes
- 1 tbsp sunflower oil
- 1 large yellow onion, diced
- 2 cloves of garlic, minced and salted

- 2 tsp sage, dried
- 1 tsp oregano, dried
- 1 large turnip, diced
- 2-3 golden potatoes, diced
- 2-3 carrots, diced
- 1, 8 oz can of cooked hominy, drained and rinsed
- 2 qts veggie stock
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

1. Roast tomatoes on a sheet pan in a 400 degree oven until dark on the outside, then puree tomatoes in a blender or food processor. Skip the roasting step if using canned and go straight to pureeing.
2. Heat oil in a pot, add onion and garlic and sauté until onion is just starting to become transparent.
3. Add sage and oregano and then all the root veggies. Add the stock and bring to a boil to cook root veggies until soft
4. Add hominy and tomato puree and simmer for 20 minutes
5. Season with salt, apple cider vinegar to taste, then serve.
6. Soup, when cooled to room temperature, can be stored in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.

FOUR BEAN CHIPOTLE

Ojibwe: Niiyo-Mashkodesimin Naboob

Dakota: Omníča Tópa Waháŋpi

“Chipotle peppers add a nice smokey and spicy flavor to the soup.” -Vern

“The combo of the beans and all the peppers really amplifies the flavor of this one.” -Laura

“This is basically a chili and chili is great! The chickpeas are great and add a different texture from the other beans. At home I like to add cinnamon and a little cocoa powder.” -Mira

Ingredients (4 servings)

- 1 ancho chile
- 1 guajillo chile
- 2 chipotle chiles
- ¼ c dry black beans, soaked and cooked
- ¼ c dried white beans, soaked and cooked
- ¼ c dried brown beans, soaked and cooked
- 1 tbsp sunflower oil
- 1 medium yellow onion, small diced
- 2 cloves garlic, minced and salted
- 2 beefsteak tomatoes (or one can of roasted tomatoes), roasted and chopped
- 1, 8 oz can chickpeas, cooked
- 2 qts veggie stock
- Salt to taste
- Apple cider vinegar to taste, never more than 2 tbsp

Prep Method

Make the chili sauce: Place the ancho, guajillo, and chipotles in a saucepan and cover with water. Bring to a boil to rehydrate. Remove from the heat and once at room temperature, puree in a blender or food processor.

1. Soak beans overnight. Black and brown beans can be soaked and cooked together, white beans should be soaked and cooked separately to keep color.
 2. Cook beans in a large pot with enough plain water to cover the beans by 4 inches. Set over high heat, bring to a boil, reduce the heat to simmer the beans for 15-20 minutes or until tender but slightly firm. Drain cooked beans and set aside.
 3. Heat oil in a large pot and add onion, garlic, and tomato and sauté until onion is transparent.
 4. Add the chipotle sauce in increments to taste for spice.
 5. Add beans, chickpeas, and stock and simmer for 30 minutes. You should start to see a bright yellow foam on the surface.
 6. Season with salt, apple cider vinegar to taste, then serve.
 7. Soup, when cooled to room temperature, can be stored in an airtight container for up to 3-5 days in the refrigerator, and longer in the freezer.
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NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS (NĀTIFS)

Founded by James Beard award winners The Sioux Chef, is a nonprofit organization dedicated to addressing the economic and health crises affecting Native communities by re-establishing Native foodways. Our mission is to promote Indigenous foodways education and facilitate Indigenous food access. We imagine a new North American food system that generates wealth and improves health in Native communities through food-related enterprises.

Reclamation of ancestral education is a critical part of reversing the damage of colonialism and forced assimilation, and food is at the heart of this reclamation. NĀTIFS will drive sustainable economic empowerment and prosperity into tribal areas through a reimagined North American food system that also addresses the health impacts of injustice. The act of recognizing this is the first step toward healing generations of ancestral trauma for many.

NĀTIFS has opened an Indigenous Food Lab in the Midtown Global Market on Lake Street in Minneapolis that houses a professional Indigenous kitchen and training center covering all aspects of food service; research and development; Indigenous food identification, gathering, cultivation, and preparation; and all components of starting and running a successful culinary business based around Native traditions and Indigenous foods.

NĀTIFS.org

In addition to these tribal communities, the Indigenous Food Lab would like to thank these Native nonprofits for their role in distributing meals to community members and families: Dakota Wicohan, American Indian Community Housing Organization (AICHO), Dream of Wild Health, Minnesota Indian Women's Resource Center, Northwest Indian Community Development Center (NWCDC), Anishinabe Academy, and Indigenous Peoples Task Force.

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"Sioux Warrior" Recipes Booklet

Created by the NATIFS Education Department and the Indigenous Food Lab Culinary Team

Coordination: A. Medinaceli

Compilation: Maia Jacobson & A. Medinaceli

Writing + Editing: Maia Jacobson

Recipe Editing: Bryce Stevenson

Editing: Dana Thompson, Sean Sherman, Kate Hoff, Alexis Mckinnis, and Beth Dooley

Graphic Design: Christopher Kornmann

Recipes: Alicia Castelan, Ashley Maldonado, Bryce Stevenson, Cristina Ariaz, Demcie Mesteth, Derek Nicholas, Eddie LoneEagle, Edgar Tostado, Emily Brooks, Kieran Gorman, Laura Garcia, Mira McDonald, Nash McRoberts, Randy Cornelius, Sam Kelcher, and Vern DeFoe