

# **First Nations Parents Conference**

May 14<sup>th</sup> & 15<sup>th</sup>, 2004

Delta Vancouver Airport Hotel

## **Recipes donated by Parents Club Members for Parents**

**Compiled by Barb O'Neill**

FNESC/FNSA thank all the parents who sent us their wonderful recipes to share with other parents.

Have fun trying these recipes, making snacks and lunches that you have never tried before.

Enjoy this conference and we hope that you find lots of interesting material to take home with you.

For any questions, comments or concerns you can call

1-877-422-3672 or (604)925-6087

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West Vancouver, BC

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**"FOR OUR CHILDREN"**  
 Recipes by First Nations Parents  
 for First Nations Parents

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## SNACKS



### Oatmeal Chocolate Chip Cookies

Submitted by: Jaime Martin  
Eastside Parents Club

Ingredients:  $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup butter or margarine (softened)  
1 egg  
 $\frac{1}{2}$  teaspoon vanilla  
1 cup flour  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  cup oats  
 $\frac{1}{2}$  cup chocolate chips

Instructions: Cream together butter and brown sugar. Add egg and vanilla, mix until light and fluffy. Add flour and baking soda, mix together. Stir in oats and chocolate chips. Bake at 350° for 11 minutes.

Additional Comments: I made these with butterscotch chips and my sister loved them. They are a nice chewy cookie when used with brown sugar (not yellow).



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## **SNACKS**

### **Surprise Cup Cakes**

Submitted by: Sandra Stewart  
East Side Parents Club

Ingredients: 1 box of cake mix - Vanilla usually works best

Your favorite flavor of jam

Instructions: Follow cake mix directions

When cooked and cooled, cut a hole in the top of the cupcake, spoon in the jam and replace top. Sprinkle icing sugar over cupcakes. MMMMMM!





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## **SNACKS**

### **Energy Bars**

Submitted by: Melanie Woode  
Old Masset Parents Club

**Ingredients:**

1 cup rolled oats	$\frac{1}{4}$ cup butter
2 1/2 cups rice crispiers	$\frac{1}{2}$ cup peanut butter
$\frac{1}{2}$ cup sesame seeds	$\frac{1}{2}$ cup peanuts
$\frac{1}{2}$ cup raisins	10 oz. Pkg. Marshmallows

**Instructions:** Grease 9X13 pan

Lightly roast oats, rice crispiers and sesame seeds.  
Melt butter and peanut butter, add marshmallows, and  
add all ingredients to melted mixture. Stir until coated.  
Pour into greased pan and smooth out with back of  
buttered spoon.

**Comments:** A quick snack like rice crispy squares  
but with added nutrition.



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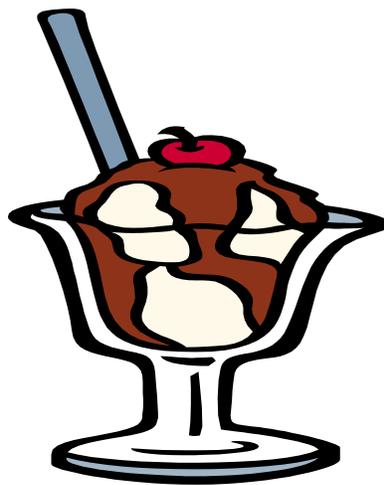
## **SNACKS**

### **Yogurt Parfait**

Submitted by: Bernadette McNabb  
Friendship House Parents Club

Ingredients: Yogurt  
Frozen (slightly thawed) or fresh  
berries  
Granola

Instructions: Layer yogurt, berries and granola in a clear  
glass or plastic cup. Dig in and enjoy!!!





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## SNACKS

### Muffins

Submitted by: Jennifer Garcia Pinero  
John Field Elementary Parents

#### Ingredients:

Dry: 2 cups flour + 1 teaspoon  
cinnamon

$\frac{1}{2}$  teaspoon Baking Soda

Wet: 1 cup sugar  $\frac{1}{2}$  white -  $\frac{1}{2}$  brown  
1 cup milk

1 egg (beaten)

$\frac{1}{2}$  teaspoon vanilla

$\frac{1}{4}$  cup oil

#### Topping:

2 teaspoons

cinnamon

4 teaspoons bran

4 teaspoons brown  
sugar

#### DO NOT OVERMIX

1. Mix all dry ingredients together in a large bowl
2. Add mixed wet ingredients to the dry ingredients
3. Scoop with spoon into muffin pan
4. With clean spoon, scoop a teaspoon or so of the topping onto each muffin

Makes enough for 12 large muffins, add fruit!!!



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## SNACKS

### **Bear Plops (Poop)**

Submitted by: Tina Grenier  
Stein Valley Parents

Ingredients: Equal amounts of the following:  
Semi sweet chocolate chips  
Rice Crispy cereal  
Sweetened coconut

Instructions: In microwave safe bowl melt chocolate chips add cereal and coconut.  
On a wax paper lined cookie sheet, plop spoonfuls of the Bear poop mixture.  
Refrigerate until set! ENJOY





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## SNACKS

### Chocolate Chip Cookies

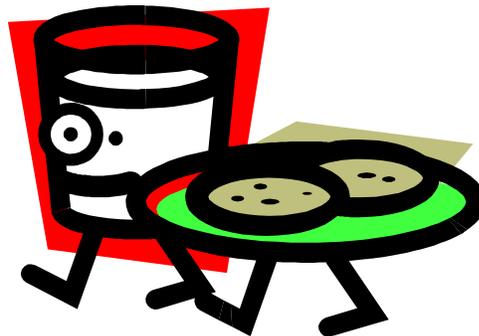
Submitted by: Ada Webster  
Stein Valley Parents

**Ingredients:**

2 cups flour	1 cup shortening
1 teaspoon baking soda	1 cup sugar
1 teaspoon salt	2/3 cup packed brown sugar
½ package chocolate chips	2 eggs
1 teaspoon vanilla	

**Instructions:** Mix all dry ingredients together, in another bowl mix all wet ingredients, add dry to wet! Place on cookie sheet "ungreased". Bake for 8 minutes in a preheated oven at 350°, makes about 30 cookies.

You can also use raisins, chopped nuts or cranberries!





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## SNACKS

### Banana Nut Muffins

Submitted by: Sheila Campbell  
Gitxsan House of Parents

#### Ingredients:

2 cups flour	1 egg beaten
$\frac{1}{4}$ cup sugar	$\frac{1}{3}$ cup vegetable oil
1 teaspoon baking powder	$\frac{3}{4}$ cup mashed banana
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup chopped walnuts
1 cup milk	

Instructions: 1. Preheat oven to 400°. Grease a 12-cup muffin pan, sift flour, sugar, baking powder and salt into a medium bowl, make well in center  
2. Mix milk, egg, oil, banana and walnuts in a small bowl, pour mixture into well.  
3. Mix batter just until moistened; do not over mix. Spoon batter into prepared muffin cups; bake until toothpick inserted comes out clean (about 15 minutes)  
Blueberries or raisins may be substituted for the mashed banana.



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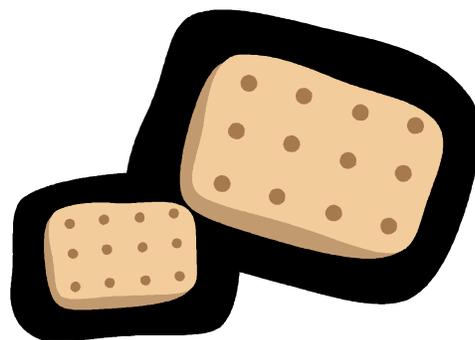
## **SNACKS**

### **Peanut Butter Snack**

Submitted by: Carmella Montoya  
Nanoose Parents

Ingredients:      Flour Tortillas  
                         Peanut Butter  
                         Brown Sugar

Instructions: Broil in oven until bubbles form and sugar is melted (about 1 - 2 minutes).





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## **SNACKS**

### **Mom's Fried Bread**

Submitted by: Barbara Hyzims  
Gitanyow Parents

#### Ingredients:

5 cups flour	1 teaspoon salt
5 teaspoons baking powder	1 handful lard
4 cups warm water	

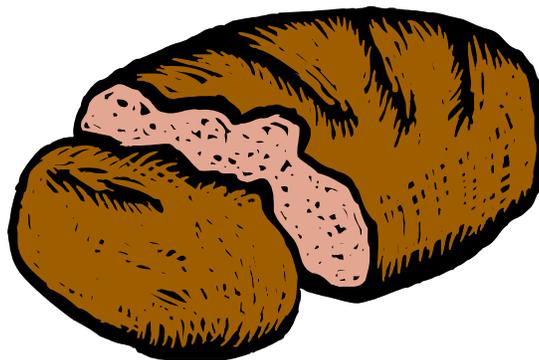
#### Instructions:

Mix all ingredients, add water and roll into dough.

Have frying pan ready with hot oil.

Fry bread dough

Dough can be fried or baked!





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## **SNACKS**

### **Sticky Flakes**

Submitted by: Roxanne Wesley  
Smiles Headstart Parents Club

Ingredients: 2 bars Mackintosh's Toffee  
 $\frac{1}{2}$  cup butter  
1  $\frac{1}{2}$  cups mini marshmallows  
2 - 2  $\frac{1}{2}$  cups of corn flakes

Instructions: Melt butter in saucepan (on low heat)  
Add toffee bars and stir until mixed and melted  
together, remove from heat and add corn flakes.  
Let cool for a couple of minutes, then spoon about 1  
tablespoon full onto cookie sheet. ENJOY!!



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## **SNACKS**

### **Raisin Scones**

Submitted by: Marsha Spinks  
Stein Valley Parents

**Ingredients:**

2 cups flour	2 tablespoons sugar
1 teaspoon baking powder	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup raisins	$\frac{1}{4}$ cup shortening
2 eggs	$\frac{1}{2}$ cup milk or light cream

**Instructions:** Mix flour, sugar, baking powder and salt  
Cut in shortening with pastry blender, add raisins. Set  
aside.

Save some egg white (to brush on top of scones)

Beat eggs, add milk

Make well in dry ingredients, add egg/milk mix, stir with  
fork until come free from the sides of bowl

Put dough on floured surface and pat to  $\frac{3}{4}$ " thickness, cut  
out with cookie cutter shapes, i.e. Bears, ducks

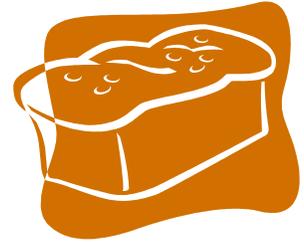
Spread egg white on top and sprinkle with a bit of sugar

Cook at 450° for 12 - 15 minutes.



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## SNACKS



### Bannock

Submitted by: Susan Lewis  
Leq'a:mel First Nation

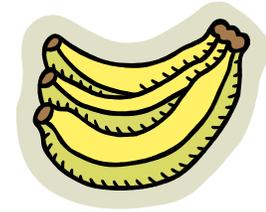
Ingredients: 6 cups flour  
3 heaping tablespoons baking powder  
1 tablespoon sugar  
1 tablespoon salt  
1 qt. very warm water

#### Instructions:

Mix flour, baking powder, sugar and salt.  
Make a well in the center, pour water in and stir.  
Let rise for  $\frac{1}{2}$  hour, cook in  $\frac{1}{2}$  - 1 inch of oil until it turn  
golden brown.



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## SNACKS

### Banana Muffins

Submitted by: Vaness Isaac

#### Ingredients:

500 ml sifted flour	250 ml milk
125 ml sugar	60 ml oil
15 ml baking powder	1 egg
2 ml salt	5 ml vanilla
1 banana	80 ml walnut/choc. chips

Instructions: Preheat oven to 400°, set oven rack to second lowest position. Grease pans.

Sift flour, measure and combine with dry ingredients in medium bowl.

Break egg into different bowl and stir in milk and oil

Mash banana with fork in a small bowl and add to egg mixture.

Make a well in centre of the dry ingredients and add the liquid mixture.

Mix just until combined. Do not over stir.

Gently stir in nuts or chocolate chips

Fill baking cups 2/3 full

Bake for 18 - 20 minutes and cool on racks.



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## DESSERT

### Lemon Fruit Pudding

Submitted by: Denise Collison  
Chief Matthews Parents

Ingredients: 1 Package of lemon pie filling  
1 medium container of whip cream (500 ml)  
2 cans mixed fruit  
1 can mandarin oranges  
2 - 3 bananas

Instructions: Cook lemon pie filling as directed on box  
While the pie filling is cooling, whip the cream until nice  
and fluffy. When pie filling is not too hot whisk in the  
whip cream. Then drain the juice from the cans of fruit.  
Add all the fruit and mix well.

This is an excellent and healthy snack and no added sugar  
is required. My kids love it!!!





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## DESSERT

### Pineapple Up-side Down Cake

Submitted by Judi Garner-Nichaus  
Sensisyusten First Nation Parents

#### Ingredients:

3 tablespoons butter	1/3 cup shortening
1/3 cup brown sugar	1/2 cup milk
1 can sliced pineapples	
1 1/2 cups flour	1/4 cup milk
2 3/4 teaspoons baking powder	2 eggs
1 cup sugar	1/2 cup walnuts (optional)

Instructions: Preheat oven to 350°. Melt in a 9" square pan - 3 tablespoons butter, add 1/3-cup brown sugar, and arrange pineapple on top of brown sugar.

Mix flour and baking powder, sugar, shortening and milk together in a large bowl, add eggs and 1/2 cup milk. Bake for 45 - 50 minutes. Immediately invert to a serving plate and wait 10 minutes before removing pan. I like to sprinkle with walnut pieces. You can also add cherry halves to centre of pineapples.



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**DESSERT**

**Yogurt Smoothy**

Submitted by: Donna Johnson  
 Presenter & Guest

**Ingredients:** 375 ml yogurt ( I prefer ASTRO French Vanilla)  
 1 ripe banana cut into large chunks  
 5-6 scoops ice cream  
 2 cups 1% milk

**Instructions:** 1. Place all ingredients into blender and blend until smooth and frothy.  
 2. Pour into cups and serve.  
 3. Makes 6 - 8 servings (8 oz cups)

**Additional Comments:**

There are lots of variations to this recipe...all you need to do is change the yogurt flavor, ice cream flavor and /or fruit. Here are some combinations:

<b>Yogurt</b>	<b>Ice Cream</b>	<b>Fruit</b>
French Vanilla	Strawberries	Banana
Blueberry	Vanilla	Banana, Blueberries
Raspberry	Vanilla	Banana, Raspberries
French Vanilla	Chocolate	Banana, Orange
French Vanilla	Cookies & Cream	Banana
Peach	Vanilla	Banana, Orange
Banana	Vanilla	Banana, Orange, Strawberries





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## LUNCH

### Hashbrown Quiche

Submitted by: Carol Litzenberger  
Seabird Island Parents Club

**Ingredients:**

Crust: 1 large potato, diced	15 ml (1 Tbsp. ) oil
Dash of salt & pepper	
Filling: 3 eggs	60ml (1/4 cup) milk
Mushrooms	Green/red peppers
Ham/bacon/sausage (cooked)	Tomatoes
Grated cheddar cheese	Salt & pepper
Parsley	
Options: onion	Swiss cheese
Broccoli	

**Instructions:** Preheat oven to 350° F, grease pie plate  
Put oil into pan, heat on medium and cook dices potatoes until tender, season. In a small pan, sauté vegetables (except tomatoes). In a bowl, whisk eggs, milk & seasonings. Add veggies & choice of meat. Stir well.

Layer bottom of pie plate with cooked potatoes. Pour egg mixture over potatoes. Top with grated cheese.

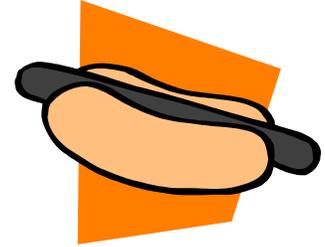
Bake for 15 - 20 minutes, until egg is no longer runny & cheese is melted.

Serve immediately!

Potatoes should be soft and golden; eggs should be fully cooked, not runny. Veggies should be sauté before using in quiche.



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## LUNCH

### **Bannock Dogs**

Submitted by: Kathleen Dick  
Tsilhqot'in Parents

Ingredients: 8 - 10 cup flour  
2 tablespoons Baking powder  
Warm water  
1-tablespoon salt  
Wieners

#### Instructions:

Mix flour, baking powder and salt together add warm water gradually until desired texture.

Boil wieners.

Wrap bannock mixture around wieners and fry until cooked.

These are great snack and a quick lunch to take on the road.

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## LUNCH

### Chilcotin Bannock

Submitted by: **Carla Jean Billyboy**  
Yunesit'in Esgul Parents

Ingredients: 6 cups flour  
3 teaspoons baking powder  
1 tablespoon sugar  
1 teaspoon salt  
1 egg  
2 litre of warm water

Instructions: Mix flour, baking powder, sugar and salt together with a fork. Put egg in with mixture, gradually add warm water until a dough is formed. Dough must be soft and easy to manage. Fry in small portions in a cast iron pan for about 5 minutes and turn for another 5 minutes. Serve hot with butter. Make about 15 pieces.

Serve bannock with any meal, tastes awesome anytime!





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## LUNCH

### Curried Chicken

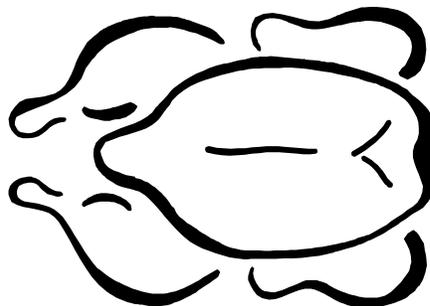
Submitted by: Shyanne Smith  
Saanich Parents Club

Ingredients: 4 - 5 pieces skinless, boneless chicken  
1 cup frozen vegetables  
3 cans china lily curried sauce  
1 can of water

Instructions: Cut chicken into chunks, boil in a sauce pan, cook thoroughly. Boil vegetables for 10 minutes & drain. Add 3 cans of curried sauce, water & vegetables to the chicken stir occasionally until hot. Serve over rice.

Don't eat if you can't have spicy foods. VERY SPICY!  
Makes enough for 4 - 5 people.

ENJOY!!!





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**LUNCH/SUPPER**



**Stew & Potatoes**

Submitted by: Lynette Tsakoza  
Prophet River Parents

Ingredients: Stew Meat/Moose Meat  
Diced Potatoes

Instructions: Peel potatoes and than dice the potatoes and meat.

Warm the frying pan, put in lard or oil.

Place the diced potatoes and meat in the pan and cook until done.

Kraft dinner is the best side dish that goes with the diced potatoes.

**Peach Bar-B-Q Sauce for Ribs**

Submitted by: Ivy Proudfoot  
John Field Parents

Ingredients:

1 can peaches

$\frac{1}{4}$  cup brown sugar

$\frac{1}{4}$  cup vineger

$\frac{1}{4}$  cup ketchup

1 Tablespoon soya sauce

1 teaspoon ginger

2 teaspoons garlic powder

Instructions: Combine all ingredients together in a blender, pour over tenderized ribs and cook for 45 minutes.



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**LUNCH/SUPPER**

**Quick-N-Easy Indian Corn Stew**

Submitted by: Andrea Sapecnik  
Nagwunt'oo School Parents

Ingredients: 1lb hamburger  
1 onion sliced  
1 can tomato soup  
1 can kernel corn  
1 tablespoon Worcestershire sauce  
dash salt & pepper

Instructions: Cook hamburger and onion until well done.  
Add the soup, corn, sauce, salt & pepper.  
Simmer at low for 15 minutes (covered)

This goes well with panfry potatoes or your favorite dish of rice.

Serve and Enjoy!!!



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## LUNCH/SUPPER

### Sesame Sour Cream Meatballs

Submitted by: Charlotte Richburg  
 Nagwunt'oo School Parents

**Ingredients:**

1 ½ lbs ground beef	2/3 cup minced onion
½ cup fresh bread crumbs	1 egg
¼ cup milk	½ teaspoon salt
1/8 teaspoon pepper	1/8 teaspoon ground ginger
2 tablespoons veg. oil	2 tablespoons butter/marg.
½ cup beef broth	Sesame-sour cream sauce
Toasted sesame seeds	

**Instructions:** combine ground meat, onions, breadcrumbs, eggs, milk, salt, pepper and ginger in a large bowl, shape into 1" meatballs. Heat oil and butter over medium heat in skillet. Add meatballs and brown on all sides. Add broth. Cover and simmer 5 - 10 minutes. Prepare sesame sour cream sauce, place hot meatballs in serving bowl, top with sauce. Sprinkle with sesame seeds.

**Sesame Sour Cream Sauce:** Melt 2 tablespoons butter/marg in a small saucepan. Blend in 2 tablespoons all purpose flour, ½ teaspoon ginger and ¼ teaspoons salt. Cook until bubbly. Add ½ cup beef broth. Cook until thickened, stirring constantly. Add 1-tablespoon soya sauce and 2 tablespoons sesame seeds. Remove from heat; add ¾ cup sour cream stirring until smooth.



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## **LUNCH/SUPPER**

### **Fish Patties**

Submitted by: Verna Wilson  
Stein Valley Parents

Ingredients: 4 medium potatoes  
1 medium size jar of fish  
 $\frac{1}{2}$  onion chopped  
1 egg

Instructions: Cook potatoes and mash; add fish, chopped onion and egg. Form into patties, dust each patty with flour, and fry in hot oil until browned on each side.

Serve with your favorite veggies and tomatoes (canned) along with rice.





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## **LUNCH/SUPPER**

### **Stuffed Salmon**

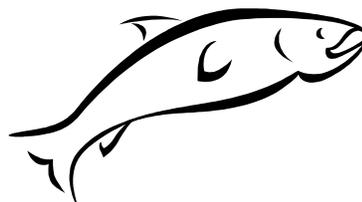
Submitted by: Miranda Louie-Tanner  
Tsilhqot'in National Government

Ingredients: 1 salmon  
1 box stove top stuffing  
1 cup rice  
1 onion  
Aluminum Foil

Instructions: Prepare stuffing and rice, mix together and set aside. Dice onion and add half to stuffing mix. Fillet salmon and add remainder of onion and stuffing mix.

Wrap snugly with tin foil, place in oven at 350° or you can BBQ. Cook for aprox. 20 minutes on each side or until fully cooked.

You can add any kind of veggies of your taste to stuffing; this way is just as quick and easy. Makes a great meal!!!





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## LUNCH/SUPPER

### Stew

Submitted by: Holly Billyboy  
Tsilhqot'in National Government

**Ingredients:**

Diced meat (moose, beef, etc.)	1 cup frozen vegetables
2-3 potatoes	2 sliced carrots
1-2 celery	1 gravy mix
Flour	1 onion
Hot water	

**Instructions:** Pre-boil meat in  $\frac{1}{2}$  pot of water until meat turns brown.

Cut up potatoes, carrots, celery and onion into cubes or slices.  
Add veggies (5 minutes apart)

Add gravy mix

Sift flour into 2 or 3 cups of boiling water stirring continuously until smooth; add stew stirring constantly.

Enjoy!!





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## **LUNCH/SUPPER**

### **Salmon Fritters**

Submitted by: Lena Washington  
Chief Matthews Parents

**Ingredients:**

1 cup flour	2 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon pepper
$\frac{2}{3}$ cup milk	1 egg beaten
1 pint jar fish	

**Instructions:** Shift together flour, baking powder and salt. Combine salmon milk and egg. Drop spoonfuls into hot grease. Fry a few at a time until golden, 3 - 4 minutes. Serve with sweet and sour sauce.

Something else you can do with a jar of fish. Thanks to my sister in Alaska for this recipe.



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## **LUNCH/SUPPER**

### **Lovers Lasagna**

Submitted by: Charleen Brigham & Carla Billyboy  
Yuneŝit'in Parents Club

#### **Ingredients:**

1 Pkg 12.3 oz. Pete's super firm tofu crumbled	3 tablespoons veg. Oil
1 onion chopped	1 carrot chopped
1 green pepper chopped	1 zucchini chopped
2 cups mushroom sliced	3 cups crush & diced tomatoes
2 teaspoons sugar	5 cups of mozzarella cheese shredded
1 teaspoons each salt, pepper & basil	2 teaspoons Italian spice
15 sheets oven ready lasagna	

**Instructions:** Preheat oven to 375° heat oil in a large pan, sauté onion and tofu until onion is soft. Add carrots, green pepper, zucchini and mushroom. Cook for 5 minutes. Add crushed tomatoes, diced tomatoes and seasonings, bring sauce to a boil and simmer for 10 minutes. To assemble spoon 3 cups of sauce on bottom of a 9X11 pan and layer lasagna with sauce, top with cheese and bake for 30 minutes.

Cool for 5 - 10 minutes and slice and serve!



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## LUNCH/SUPPER

### Chicken Tortilla Soup

Submitted by: Maggie Sedgemore  
Port Hardy SS Parents

Ingredients:

1 roasting chicken	2 large diced tomatoes
1 large can tomato soup	1 small can green chilies chopped
2 litres chicken broth	1 large onion diced
1 tablespoon olive oil	1 bag shredded cheddar cheese
1 bag frozen vegetables	1 teaspoon oregano
1 teaspoon cumin	1 bag tortilla chips
1 jar salsa	

Instructions: Sauté onions in oil; add chicken broth, diced tomatoes, tomato soup, and spices. Then add shredded or cut up chicken, green chilies and salsa. Simmer for two hours, last half hour add the frozen veggies. When serving place tortilla chips in, add soup and top with cheddar cheese.

This recipe serves around 20 people. Canned chicken pieces can be used. Students and children usually enjoy this soup - it's different - so enjoy 😊



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**LUNCH/SUPPER**

**Boiled or Fried Fish**

Submitted by: Pamela Good  
Gitanyow Parent Club

Ingredients:

2 lbs fresh fish	1 onion
$\frac{1}{2}$ teaspoon curry powder	$\frac{1}{2}$ teaspoon salt
2 cups rice	Flour to coat fish
Oil for frying fish	6 - 8 potatoes

Instructions: Boil fish; add cube potatoes, onion, curry powder and salt.

2 cups of rice to 4 cups of water

Serves 5 -6 people

Fried fish, fry onions, add a touch of salt until cooked.

Dip fish in flour and fry until done.

Serve with rice or potatoes.





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for First Nations Parents

## **LUNCH/SUPPER**

### **Beef & Noodle Bake**

Submitted by: Doug Faust  
Friendship House of Parents

Ingredients:    1 pound ground beef  
                      2 cups elbow macaroni  
                      4 cups spaghetti sauce  
                      12 ounces processed cheese slices

Instructions: Preheat oven to 375°

Brown ground beef in a large skillet over medium heat, set aside.  
Cook macaroni according to package directions, drain and set  
aside.

In a 9X13-baking dish layer the macaroni, ground beef and sauce  
and cheese. Repeating this process twice.

Bake for 30 minutes or until top layer of cheese is bubbly.

**YUMMY!!!!!!**



**"FOR OUR CHILDREN"**  
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**NOTES**