

MNOOMIN CASSEROLE

PREP TIME

30 minutes

SUPPLIES

Roasting pan or cast-iron skillet

COOK TIME

75 Minutes

SERVES

3-4



INGREDIENTS

- 1-2lbs ground meat
- 4 cups uncooked mnoomin
- 1-2 onions
- 3-4 cloves of garlic
- Salt & Pepper, to taste
- 2 tbsp. Garlic powder
- Can of Mushroom Soup
- 1tbsp. Onion powder
- Fresh thyme + rosemary
- Optional: Cayenne pepper or chipotle powder seasoning.

METHOD

1. Add 7 cups of water & 4 cups of uncooked mnoomin to the instant pot. Cook on high pressure for 22 minutes then quick-release. Strain the mnoomin to remove excess water.
2. Cook the ground meat in a skillet over medium heat until browned (not fully cooked) with spices and fresh herbs. Add 1 cup of water and cook until the water has evaporated.
3. Sautee onions and garlic in a separate skillet over low-medium heat until translucent.
4. Combine the cooked mnoomin and ground meat in a casserole dish or cast-iron skillet and fill the dish $\frac{3}{4}$. Add canned mushroom soup *Optional: Use leftover Mnoomin and Mushroom soup instead*
5. Add in desired veggies. Canned, frozen, or steamed vegetables work well! Broccoli and cauliflower are recommended.
6. Once all of the ingredients are combined in the dish, DO NOT OVERFILL. Cook for 30-40 minutes at 350 degrees. Cover the dish with tin foil or a lid, so the top layer of the mnoomin doesn't dry out.

Tips & tricks!

During the Last 5-10 minutes

add shredded cheese!

Remove tinfoil. We

Recommend Jalapeno

Monterey jack or Mozzarella

cheese!





Georgian Bay
Anishinaabek Youth

MNOOMIN AND BERRIES



PREP TIME

25 minutes

COOK TIME

45 minutes

SUPPLIES

Pressure cooker

SERVES

6-8

INGREDIENTS

- 2 cups Mnoomin (wild rice)
- 4 cups water
- 1 cup chopped strawberries
- 1 cup blueberries
- 1 tbsp. cinnamon
- Optional: 1 tsp nutmeg and/or allspice
- Maple syrup, to taste

METHOD

1. Wash and chop all of the berries as desired.
2. Combine the mnoomin and water in the pressure cooker. Cook on manual or high pressure for 22 minutes.
3. Quick-release the pressure cooker. Strain the mnoomin to remove excess water and let it cool. Overnight in a refrigerator works best.
4. Combine mnoomin, berries, spices, and maple syrup to taste. Enjoy!

Optional: Top with coconut whipped cream!

Tips & tricks!

Add berries at the last second to avoid them becoming soggy or sour.

Adding fresh mint or walnuts are delicious too!



FAJITAS

PREP TIME

30 minutes

SUPPLIES

Roasting pan or cast-iron skillet

COOK TIME

45 minutes

SERVES

1-3



INGREDIENTS

- 1-2 lbs of steak
- 2 tbsp Garlic powder and onion powder,
- 1 tbsp Cumin, basil, paprika, cayenne pepper powder, salt, pepper, and chipotle
- 2 Green, red, or yellow bell peppers
- 1-2 Onions
- Cooking Oil
- Cornstarch
- Tortillas
- Cheese - optional
- Sour cream - optional
- Salsa - optional

METHOD

1. Thaw steaks and cut them into ¼ slices. Marinate with spices and seasonings for 1-hour minimum and cover.
2. Slice the peppers and onions, saute on low heat for 30mins+. Season with salt.
3. Cook the steak in a pan on medium-high heat with cooking oil for 1-2 mins or until brown. NOTE: Line pan with steaks but DO NOT OVERFILL. Cook the steaks in batches. Repeat until complete, remove steaks from the pan and aside.
4. Using the same pan, turn it on to high heat. Do not clean the pan just yet. Make a cornstarch slurry by combining equal parts cornstarch and water in a separate container. Slowly add the slurry to the pan. Stir to combine.
5. Once the sauce in the pan is at your desired taste, texture, and thickness, remove it from the pan and coat cooked steak slices in the sauce.
6. Layer your steaks on your tortilla with sauteed veggies. Enjoy!

Tips & tricks!

Warm up your tortilla! Melt your cheese in your pan (works best with mozzarella cheese)