

FROM THE KITCHEN OF JANICE MCCUE

CURVE LAKE FIRST NATION

Manoomin N'boob (Soup)

You can use any flavor of broth for this recipe. I used left over vegetable water, water broth from the cedar-braised beans and mushroom broth. Remember to save your scraps of vegetables and make your own broth!

Ingredients:

- 1 cup cooked manoomin
- 4 cups of broth
- 1 carrot, cubed
- 1 medium potato, cubed
- 1 leek, chopped (white parts only)
- ½ cup cooked assorted beans (boiled in cedar)
- 1 cup assorted mushrooms
- 1 tbsp sage, chopped
- 1 tbsp sunflower oil

Directions:

Boil the potatoes and carrots with a sprig of cedar until the vegetables are cooked but firm. Drain and save your water to add to the broth.

In a large skillet, cook your mushrooms, leeks and sage until the leeks are soft and the mushrooms are browned.

In the pot you used for cooking your vegetables, add the cooked vegetables, manoomin, beans, and cooked mushroom and leeks. Add your broth and simmer until all the ingredients are heated through. Serve warm.