

Chicken, Mushroom and Red Wine Casserole (adapted from TTC Recipes for the Outdoors 1994)

Serves 4 people

Ingredients

- 600 -700g chicken breasts (3 large ones)
- 140 g onion (1 large)
- 250 g mushrooms, washed
- 2 x 400g tins mushroom soup
- 400g pasta (penne is good) or rice
- 1 cup red or white wine
- 1 teaspoon mixed dried herbs
- 3 cloves garlic
- ground pepper
- 400g courgettes (4)
- 400 g broccoli (1 head)
- 30 g flour (3 tablespoons)
- ¼ cup cold water

Method

Before the tramp/ base camp

Bone, skin, and cook the chicken breasts. Cut into pieces and freeze.

On the tramp/base camp

1. Chop the mushrooms, onions courgettes and broccoli into a billy.
2. Add the mushroom soup, herbs, chopped garlic, pepper and wine. Simmer until the vegetables are nearly cooked.
3. Add the diced chicken and reheat.
4. Mix the flour and water, add to the mixture stir well and simmer for 5 minutes until thickened.
5. Cook pasta or rice in a separate billy and serve together.

Variations

- On a base camp, this dish can be precooked and if you have access to oven, reheat in oven dish with sprinkled about 1 cup of grated tasty cheese.

Number of people	Two	Four	Six	Eight	Ten
Chicken breasts	350g	700g	950g	1300g	1650g
Onion	70g	140g	210g	280	350g
Mushrooms	125g	250g	375g	500g	625g
Pasta	200g	400g	600g	800g	1000g
Wine	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups
Dried herbs	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons	2 ½ teaspoons
Garlic	2 cloves	3 cloves	5 cloves	6 cloves	7 cloves
Courgettes	200g	400g	600g	800g	1000g
Broccoli					
Flour	15g	30g	45g	60g	75g
Cold water	1/8 cup	¼ cup	½ cup	½ cup	¾ cup