

## Chilli Lentils (from Recipes for the Outdoors, TTC, 1994)

**Serves 4 people**

### Ingredients

- 220 g red lentils ( 2 cups)
- 1 packet tomato soup
- 1 – 2 teaspoons chilli powder)
- 2 tablespoons onion flakes
- 2 teaspoons ground cumin
- 2 teaspoons dried oregano
- Salt to taste
- 4 garlic cloves or ½ teaspoon garlic granules

### Method

#### Before the tramp

At home, combine all the dry ingredients in a plastic bag.

#### On the tramp

1. Bring 4 cups of water to a boil and stir in the lentil mixture.
2. Reduce heat and simmer for 15 minutes. Stir occasionally to prevent sticking.

### Variations

- Replace the onion flakes with one fresh onion chopped at the camp

Number of people	Two	Four	Six	Eight	Ten
Red lentils	110g	220g	330g	440g	550g
Tomato soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Chilli powder	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Onion flakes	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons	5 tablespoons
Ground cumin	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Dried oregano	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Garlic cloves	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves
Water	2 cups	4 cups	6 cups	8 cups	10 cups