

Savoury Lentils (adapted from "Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 240g red lentils
- 160 g dried vegetables
- 400g pasta
- 60 g dried onions
- 1 packet of soup (e.g. tomato or mushroom) or sauce mix (e.g. Beef stroganoff)
- 2 teaspoons paprika or mustard powder
- 5 cups water

Method

1. Soak the lentils and dried vegetables in water for up to several hours if you have the time, otherwise 10 minutes.
2. Bring to the boil and cook for 20 minutes.
3. Add the pasta and check if adequate water. Bring to boil, add dried onion. Cook till soft.
4. Add soup mix, stir well, cook 1 minute and serve.

Chef's Notes

- Lentils can be soaked while travelling if doubled bagged in sealed plastic or this meal can be made on a "rest day".

Number of people	Two	Four	Six	Eight	Ten
Lentils	120g	240g	360g	480g	600g
Dried vegetables	80g	160g	240g	320g	400g
Pasta	200g	400g	600g	800g	1000g
Dried onions	30g	60g	90g	120g	150g
Packet soup	1 packet	1 packet	2 packets	3 packets	3 packets
Paprika/ mustard powder	1 teaspoon	2 teaspoons	3 teaspoons	4 teaspoons	5 teaspoons
Water	2 ½ cups	5 cups	7 ½ cups	10 cups	12 ½ cups