

# Beans au Mushroom (from Recipes for the Outdoors, TTC, 1994)

**Serves 4 people**

## Ingredients

- 320 g mixed dried beans (e.g. mung beans, lentils)
- 160g dried peas and green beans
- 30g dried potato
- 160 g pasta e.g. noodles or macaroni
- 80 g flavourings (e.g dried onion, garlic, herbs etc)
- 1 packet soup mix e.g. mushroom
- 8 cups water
- Salt and pepper to taste

## Method

### On the tramp

1. Soak the dried beans for about 8 hours e.g. overnight .
2. Bring the water to the boil, drain the beans and add them to the water.
3. Simmer the beans until they are soft ( about 30- 40 minutes)
4. Add the pasta, dried peas, beans, potato and flavourings, cook till beans and pasta are soft.
5. Add the soup mix, stir well.
6. Cook for 1-2 minutes and serve.

## Variations

- Substitute dried chick peas, but these also need to be soaked for 8 hours

## Chef's Notes

- A good meal for a rest day

Number of people	Two	Four	Six	Eight	Ten
Dried beans	160g	320g	480g	640g	800g
Dried peas and green beans	80g	160g	240g	320g	400g
Dried potato	15g	30g	45g	60g	75g
Pasta	80g	160g	240g	320g	400g
Flavourings	40g	80g	120g	160g	200g
Soup mix	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Water	4 cups	8 cups	12 cups	16 cups	20 cups