

Chilli Con Carne (from Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 100 g dehydrated mince
- 100 g dried beans (e.g. red kidney beans work well)
- 200g brown rice
- 80 g dried onion
- 10-20g dried garlic
- 100g dehydrated vegetables (e.g. peas and carrots)
- 1 packet Maggi Chilli Con Carne
- Water
- Salt to taste

Method

Before the tramp

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

On the tramp

1. Soak the beans for 8 hours, drain the soaked beans, add fresh water and bring to the boil
2. Add brown rice to the beans, bring to the boil. Reduce to a simmer and cook till beans and rice almost soft -about 45 minutes.
3. Soak the dehydrated vegetables in 1 cup of water.
4. Add the mince, soaked dehydrated vegetables, plus their soaking water and flavourings to the rice and beans.
5. Simmer gently until cooked -about 10 minutes.
6. Mix in the Maggi flavour and stir. Cook for 1-2 minutes. Serve.

Variations

- If not having a trip rest day then substitute the dried beans and brown rice with a 400g tin of red kidney beans and white rice. To avoid carrying the tin, drain, rinse the beans and put them in a sealed plastic bag, but cook within a 2-3 days - less if the weather is hot). Cooking time for meal reduces to about 12 minutes

Chef's Notes

- For cooking on a rest day when you have a fire to cook on.

Number of people	Two	Four	Six	Eight	Ten
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Dehydrated mince	50g	100g	150g	200g	250g
Dried beans	50g	100g	150g	200g	250g
Brown rice	100g	200g	300g	400g	500g
Dried onion	40g	80g	120g	160g	200g
Dried garlic	5-10 g	10-20g	15 -30g	20-40g	25-50g
Dehydrated vegetables	50g	100g	150g	200g	250g
Maggi Chilli con carne	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets