

# Lentil Bolognaise (Chrys Horn)

**Serves 4 people**

## Ingredients

- 260g brown lentils (1 1/3 cups)
- 1 large onion
- 1 smallish finely chopped carrot
- 140g tomato paste
- 2 tomato soup sachets
- dried basil,
- dried garlic
- 400 g pasta

## Method

### Before the tramp

1. Fry the onions carrots and the lentils then add enough water to cover the lentils with water (about 2-3 cups) and add the tomato paste. Simmer until the lentils are cooked – making sure you keep stirring frequently and add water as necessary to avoid the lentils catching on the bottom of the pot.
2. Spread the mixture onto solid trays and dry at around 40-50 degrees.
3. Break up the mixture once it has dried using your hands. Ensure it is completely dry.

### On the tramp

1. Rehydrate the lentil mixture, by adding water and heating.
2. Add the basil and the garlic according to taste.
3. Leave the lentil; mixture to stand stirring occasionally and adding water as needed.
4. Cook the pasta.
5. Once lentil mixture has rehydrated, add in the sachets of tomato soup and mix well.

## Variations

- For variety, add in dehydrated vegetables, e.g. rehydrated peas, beans or courgettes with the soup .
- Use red lentils instead of brown ones.

## Chef's Notes

- I prefer brown lentils for this dish but red lentils are ok
- Use 100 g of pasta per person

- For hungry people on long trips, use about 100g of the dried mixture per person.
- Get the amount of lentils right, but then most of the other ingredients don't have to be too exact and you can play around with quantities to suit your own taste.
- Make a big batch, since it keeps fine in an airtight jar in the cupboard for more than a year.

<b>Number of people</b>	<b>Two</b>	<b>Four</b>	<b>Six</b>	<b>Eight</b>	<b>Ten</b>
Lentils	130 (0.7 c) g	260g (1.3 c)	390g (2c)	420g (2.7c)	670g (3.3 c)
Water	1.5 -2.5 cups	2-3 cups	4-5 cups	5-6 cups	7-8 cups
Onions	1 small	1 large	3 small	3 large	3-4 large
Carrots	1/2	1 smallish	1 large	1.5	2
Tomato paste	70-80g	140g	210g	280g	280-300g
Basil & garlic	To taste	To taste	To taste	To taste	To taste
Pasta	200g	400 g	600g	800 g	1000 g
Soup sachets	1	2	3	4	5