

Lentil and Rice Casserole (from Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 110 g red lentils (1 cup)
- 200 g rice (1 cup)
- 25 g dried onion (¼ cup)
- 25 g garlic granules (¼ cup)
- 3 g ground cumin (1 teaspoon)
- 1 chicken stock cube (optional)
- 50g butter (4 tablespoons)
- 2 tomatoes (sliced)

Method

Before the tramp

Put the lentils, rice, onion, garlic, cumin and stock cube into one bag. Pack the tomatoes and butter separately.

On the tramp

1. Pour all the ingredients (including tomatoes) into the billy, except the butter.
2. Add 4 cups of water, stir and bring to the boil.
3. Lower the heat, and simmer 30-45 minutes until rice is tender.
4. Stir in butter and serve.

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Number of people	Two	Four	Six	Eight	Ten
Red lentils	55g	110g	165g	220g	275g
Rice	100g	200g	300g	400g	500g
Dried onion	12g	25g	40g	50g	75g
Garlic granules	12g	25g	40g	50g	75g
Cumin powder	1 ½ g	3 g	4 ½ g	6g	7 ½ g
Chicken stock	½ cube	1 cube	1 ½ cubes	2 cubes	2 ½ cubes

Butter	25 g	50g	75g	100g	125g
Tomatoes	1	2	3	4	5