

Lentil Tomato Stew (from Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 220 g red lentils (2 cups)
- 1 packet Maggi tomato soup
- ½ cup noodles
- 2 vegetable bouillon cubes
- 4 teaspoons parsley flakes
- Salt and pepper
- 4 cloves garlic

Method

Before the tramp

1. Peel and chop the garlic cloves
2. Pack all the ingredients, except the butter and tomatoes, in a plastic bag

On the tramp

1. Bring 5 cups of water to the boil, and empty the contents of the bag into water.
2. Return to the boil, cover, reduce the heat and simmer for 15 minutes, stirring occasionally.

Number of people	Two	Four	Six	Eight	Ten
Water	2 ½ cups	5 cups	7 ½ cups	10 cups	12 ½ cups
Noodles	½ cup	1 cup	1 ½ cups	2 cups	2 ½ cups
Red lentils	110g	220g	275g	440g	495g
Tomato soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Vegetable bouillon cube	1 cube	2 cubes	3 cubes	4 cubes	5 cubes
Parsley flakes	2 teaspoons	4 teaspoons	6 teaspoons	8 teaspoons	10 teaspoons
Salt & pepper	To taste				
Garlic	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves