

Mince & Vegetable Stew (adapted from "Recipes for the Outdoors", TTC, 1994)

Serves 4 people

Ingredients

- 200 g dehydrated mince
- 40 g dried onion
- 200 g dehydrated vegetables
- 400g pasta
- 1 packet vegetable soup
- Herbs to taste (dried (e.g. oregano or bring some fresh parsley)
- 4 cups warm water
- Salt to taste

Method

On the tramp

1. Soak the mince and dehydrated vegetables in the warm water for 10 minutes.
2. Bring to boil, add the pasta and bring to boil again then reduce to a simmer. Add more water if required.
3. Add flavourings and cook until the pasta is almost al dente.
4. Add soup, mix well, cook for 1-2 mins.
5. Serve.

Chef's Notes

- Cooking time for pasta varies e.g. rissoni is quick- 6mins to cook, or Penne - 13mins to cook

Number of people	Two	Four	Six	Eight	Ten
Dehydrated mince	100g	200g	300g	400g	500g
Dried onion	20g	40g	60g	80g	100g
Dehydrated	100g	200g	300g	400g	500g

vegetables					
Pasta	200g	400g	600g	800g	1000g
Vegetable soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Herbs	According to taste				
Water	2 cups	4 cups	6 cups	8 cups	10 cups