

One Pot Grain and Seafood (from Recipes for the Outdoors, TTC, 1994)

Serves 4 people

Ingredients

- 300g bulgar wheat/basmati rice/millet/ noodles or pasta(1 ½ cups)
- 1 packet tomato soup
- 1 stick chopped celery
- 1 green pepper chopped
- 2 onions diced
- 4 gloves garlic
- 1 tablespoon curry powder or mixed herbs or ¼ teaspoon chilli powder
- 4 sliced tomatoes
- 1 x 185 g tins tuna or smoked fish
- 200g grated cheese (2 cups)

Method

Before the tramp

Pack the grain, soup and flavourings in a plastic bag

On the tramp

1. Bring 5 cups of water to the boil and add the contents of bag.
2. Add chopped onion, garlic, celery and green pepper.
3. Return to boil, reduce the heat, and simmer for 10 minutes.
4. Remove from the heat, stir in the fish and cheese and stand for 5 minutes.
5. Stir and serve.

Variations

- To reduce the weight use dried onions, dried tomatoes, dehydrated vegetables

Number of people	Two	Four	Six	Eight	Ten
Bulgar wheat/ rice/millet/noodles/pasta	150g	300g	450g	600g	750g
Tomato soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Chopped celery	½ stick	1 stick	1 ½ sticks	2 sticks	2 sticks
Green pepper	½	1	1 ½	2	2 ½
Onions	1	2	3	4	5
Garlic	2 cloves	4 cloves	6 cloves	8 cloves	10 cloves

Curry powder/mixed herbs	12 g	25g	40g	50g	60g
Tomatoes	2	4	6	8	10
Fish	1 x 100g tin	1 x 185g tin	2 x 185g tins	2 x 185g tins	3 x 185g tins
Grated cheese	100g	200g	300g	400g	500g