

Savoury Mince (adapted from "Recipes for the Outdoors", TTC, 1994)

Serves 4 people

Ingredients

- 200g dehydrated mince
- 200g dried potato
- 120g dried peas and carrots
- 1 packet of soup (e.g. tomato/mushroom)
- 1 tablespoon mixed dried herbs
- 50 g dried onion
- Garlic powder to taste
- 4 cups water
- 1 teaspoon salt (or to taste)

Method

1. Soak mince, peas and carrots in the water for 10 minutes.
2. Bring to the boil, add the herbs, soup mix, onion and garlic, and simmer gently for about 5-10 minutes
3. Add more water if required. Once the mince and vegetables are cooked, add the dried potato and salt to taste and mix well.
4. Serve

Number of people	Two	Four	Six	Eight	Ten
Dehydrated mince	100g	200g	300g	400g	500g
Dried potato	100g	200g	300g	400g	500g
Dried peas & carrots	60g	120g	180g	240g	300g
Packet soup	½ packet	1 packet	1 ½ packets	2 packets	2 ½ packets
Dried herbs	½ tablespoon	1 tablespoon	1 ½ tablespoons	2 tablespoons	2 ½ tablespoons
Dried onion	25g	50g	75g	100g	125g
Water	2 cups	4 cups	6 cups	8 cups	10 cups
Salt	½ teaspoon	1 teaspoon	1 ½ teaspoons	2 teaspoons	2 ½ teaspoons

