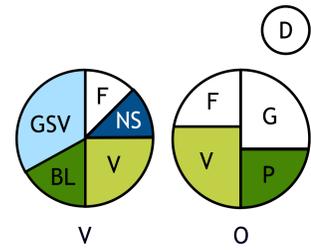


STOVE



# Lentil and Carrot Stew

Number of campers having stew:           

Number of people this recipe will serve: 2

How many times do we need to make this recipe to serve everyone?  $\frac{\text{          }}{2} = \text{          }$

Budget for this meal: \$2.50 \*            = \$           

|  | Item             | Recipe amount | x <u>          </u> | = amount needed | Buy, bring, or in tub? | Cost |
|--|------------------|---------------|---------------------|-----------------|------------------------|------|
|  | Lentils          | 3 dl          |                     |                 |                        |      |
|  | Onion            | 1             |                     |                 |                        |      |
|  | Crushed tomatoes | 200 g         |                     |                 |                        |      |
|  | Shredded carrots | 2             |                     |                 |                        |      |
|  | Walnuts          | 100 g         |                     |                 |                        |      |
|  | Thyme            |               |                     |                 |                        |      |
|  | Salt             |               |                     |                 | In tub                 |      |
|  |                  |               |                     |                 |                        |      |



## Equipment

- Camp kitchen with fuel
- Two pots
- Measuring cup
- Wooden spoon
- Cutting boards or hiking boards
- Chef's knives

