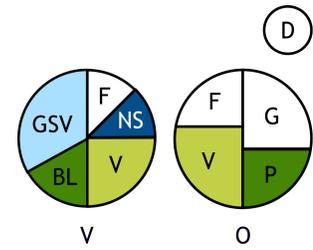


STOVE



Lentil and Carrot Stew

From the Trangia handbook

2 servings

Equipment

Camp kitchen

Two pots

Measuring cup

Wooden spoon

Cutting boards or hiking boards

Chef's knives

Cooking Tub Staples

Salt

Ingredients

3 dl lentils

1 onion

200 g crushed tomatoes

2 shredded carrots

100 g walnuts

thyme

At Home



Shred the carrots and put in a watertight food storage container or reusable plastic or silicon bag. Put it into the pack cooler.





At Camp



1. Arrange a relatively clean cooking preparation area away from any raw meat or eggs that you might have and wash your hands.



2. Put the lentils into your biggest pot with 4-5 dl of water and salt, and boil covered until the water is gone.

3. While the lentils are cooking, peel the onion, choose the best knife for the job, and cut it into thin slices.

4. Once the lentils are done, fry the onion in some water in a second pot. Add the crushed tomatoes when the onion is soft.

5. When the tomatoes are warm, add the lentils and the carrots. Finally add the thyme and salt to your taste and top it off with the walnuts. Enjoy!



6. Put any leftovers into the pack cooler as soon as they have cooled to air temperature.

