

Hearty Lentil Veggie Stew (with optional sausage)

Cooked and Dried Meal

Make this one at home and dehydrate it fully cooked. You could sub in cooked white rice for the potatoes. I make this with extra herbs and spices because dishes tend to lose flavor with all the drying and storing and rehydrating. I often will also add extra spices when I am about to use the meal.

This makes 16 – 18 cups, maybe enough for 8 meals dried

Recipe for the Stew:

3 cups brown/green lentils (don't use French lentils, they won't rehydrate as easily)
2 yellow onion, 4 large carrots, 6 celery stalks, chopped into small dice
2 - 3 pounds potato, small diced (can use 3 - 4 pounds if you are not serving with rice)
6 to 8 garlic cloves, minced
1 Tbsp each of rosemary and thyme, 2 Tsp paprika, 1 bay leaf
2 Tbsp Dijon mustard
2 (28 ounce) cans diced tomatoes with their juices
5 cups strong broth (chicken, beef or veg)
Soy sauce or salt to taste (depends on how salty your broth is)
2 zucchini squash, small diced
2 cups chopped fresh parsley
Lemon juice to taste

Sauté the onion, carrots, celery, potato) in olive oil for 4 to 5 minutes, then add the garlic and sauté for another few minutes. Add lentils, spices, tomatoes and broth. Bring everything to a boil, cook for a few minutes, then reduce heat to low. Cover and let simmer for 10 minutes. Add the zucchini and continue simmering 20 minutes, until the lentils are quite soft. Remove from heat and stir in parsley and lemon juice.

Put it on the dehydrator trays while it's still warm to reduce drying time. See Basic Instructions under Your serving size may depend on how many optional add ins you will use (see below) I might do a 2 cup portion if I want to use 1 Cup of add ins and have a big meal. I might do a 2.5 to 3 cup portion if I want it solo. Dry it until it's crumbly for best storage. Let it cool and put it right into individual Ziploc bags, labeled with the quantity (so you know how much water to add).

AT HOME:

Bag 1:

your serving size of lentil stew

Optional Add ins: Maybe freeze dried sausage crumbles, FD peas, FD corn, dried kale or spinach, FD green beans (increase your water by the amount of optional add ins you use – example, if you put in 1 Cup mixed sausage and veggies, you add 1 Cup extra water)

Be sure you make a note your hydration instructions based on your add ins!!

Bag 2:

Either white or brown minute rice, optional, you choose your portion

ON TRAIL:

You can either rehydrate the rice (if you are using it) separately or mix the rice and stew together in the cozy and do it all together.

Water amount will vary. Calculate the water you need for the serving of rice you chose (if you are using rice). The stew will need around 1.5 cups of water per 2 Cup serving, 2.5 cups water for a 3 cup serving. Add on water for the optional add-in ingredients. Add a little more water if you like a thinner, soupier, dinner.

For quicker dinner, you may choose to bring the stew and water to a boil and simmer for 2-3 minutes. Otherwise, it may need to sit for 20+ minutes to fully soften the lentils.