



# Just ADD water

## Ideas Sheet



Simple meals can be lots of fun and tantalise the tastebuds.

Try out different things — add hot water — wait 5–10 minutes — and try. You may be surprised by some of your new mixtures.

Some of the recipes below are examples of the types of things that can be added together for quick, nutritious meal ideas.

### What equipment do you need?



**A thermos mug with a lid** – Why? It has a plastic lining so you can stir the things you put in without breaking the thermos. It has a handle so you won't drop it. It has a lid. This is so it keeps the heat in for the 5–10 minutes of 'cooking time'. It is safer to move hot liquids around with a lid on them. But you still need to be careful!

**A dessert sized spoon.** A splayd or a dessert-sized spoon can be used to mix, blend, measure and eat most styles of lightweight and quick meals.

A '**Chux**'-style cloth to use as a tea towel to wash up and dry your mug and spoon. (Bring two – use one as a napkin.)

**Zip-lock bags.** Put a small amount of each ingredient into one of these handy bags.

**Labelled bags,** one for each snack type. Write your recipe on the label.



### Types of meals

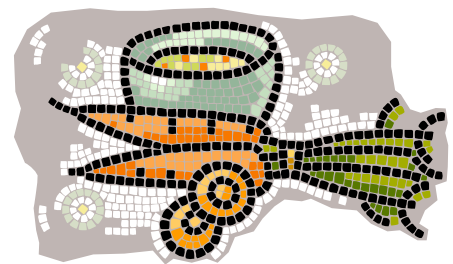
All these recipes will make at least two portions. Share with a friend.

#### Vegie noodle tuna

**Makes 2**

1. Into a thermos cup put:  
 $\frac{1}{2}$  **packet 2-minute style noodles.**  
 $\frac{1}{2}$  **packet dehydrated vegies** (e.g. peas, beans, corn and carrots).
2. Add **hot water** to within 3 cm of top of thermos mug.
3. Put lid on cup, and wait.
4. After 5-10 minutes, or when dehydrated vegies have softened), add  $\frac{1}{2}$  **small tin or small packet of tuna.**
5. Stir.

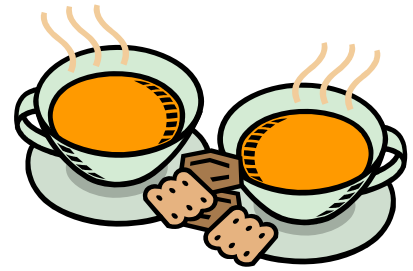
Try this basic recipe, then try different types of noodles or rice or tinned meat or different vegies.



## Chunky tomato soup

For 2

1. Into a thermos cup put:  
**½ 440g tin puréed canned tomato mix** (or salsa, pizza base mix, tomato paste or canned tomato)
2. **1 stock cube**—beef, chicken or vegetable
3. Add **hot water** to within 3 cm of top of thermos mug.  
Put lid on cup, and wait 5–10 minutes.
4. Stir.
5. Add **croutons**, or dip **crusty bread roll** to eat.



This recipe can be improved by adding herbs or fresh mushrooms, sliced.

## Potato gravy plus

For 2 or more

1. Mix together in a zip lock bag:  
**4 dessert spoon measures powdered gravy mixture**  
**instant mashed potato** (amount will depend on the brand)  
**dried packet soup mix**—your choice of beef vegetable, chicken vegetable or country vegetable
2. Put  $\frac{1}{2}$  or  $\frac{1}{4}$  mixture into a thermos mug.
3. Add **hot water** to within 3 cm of top of thermos mug.
4. Put lid on cup, and wait.
5. After 5–10 minutes, stir. Mixture should have thickened.

### Important:

Try these mixtures (recipes) out before the big night out. You don't want to make something you won't eat. All the above can use different vegies, meats or noodle types—as long as they heat up and 'cook' well enough so that they are safe to eat. Avoid the use of fresh meat. Ham, beef jerky and dehydrated meats are better. Noodles are preferable to rice; rice needs more cooking than these types of recipes permit.

*Have you thought about trying out a food dehydrator? This can be a lot of fun, and Guides have one that your Unit can borrow.*

## For the sweet tooth: Dessert



Do you like hot custard with something sweet? Check when you buy custard mixtures—most just need hot water.

1. Add dried custard mix to the thermos mug; amount will depend on the brand. Check the packet.
2. Add hot water to within 5cm of top of thermos mug.
3. Put lid on cup, and wait.
4. After 5-10 minutes, add snack packs of fruit/pieces of plain sponge cake.

## Hot drinks

There's a variety of powdered hot chocolate drinks available that just need hot water added.

Experiment with these to add character, by adding quantities of UHT cream, milk, grated chocolate, glacé cherries or other glacé fruit.

