

FOOD

Trail Soup

BY PAUL A. NEUFELDT

A soup that uses purely dehydrated ingredients. This is great for backpacking and as emergency food supplies.

Ingredients:

- 1 cup dried, quartered and sliced-potatoes,
- 1 cup dried, halved lengthwise and sliced-carrots
- 1/2 cup dried, sliced and quartered tomatoes
- 1 cup dried, diced onions
- 1 cup lentils
- 1 cup dried seaweed in 1-inch pieces
- 1/4 cup dried, minced garlic
- 1 cup Brown rice flour (for thickening)
- 1/2 cup dried, diced shitake mushrooms
- 1/2 cup powdered vegetable broth
- 1/2 cup nutritional yeast.
- Chunks jerky, added to taste

Directions:

1. Cut vegetables into thin, smaller pieces before drying them. Dry for 14 hours at 135 degrees (*or longer if still contain any moisture*). Best to dehydrate onions and garlic outdoors as they have a strong odor.



2. Stir in the dried lentils in hot water, let simmer until lentils are soft, about 45 minutes. Drain the water, setting it aside.
3. Blend lentils in a blender until smooth, adding back just enough of the cooking water as needed to blend smoothly. Pour soup onto fruit roll sheets that work with the dehydrator you are using. Dehydrate on medium temperature until crumbly and completely dry; usually 14 hours at 135 degrees will work for this as well.
4. Mix all ingredients except jerky, crumbling in cooked-dried lentils, in equal parts in large mixing bowl. Separate into freezer bags, or airtight solid containers for later use (*great for backpacking using a lightweight camp stove*).
5. Will keep for up to a year unrefrigerated, in a dry, sealed container, until reconstituted (*cooked in boiling water*). Makes about 20 servings.
6. To rehydrate and cook, mix 2 parts water to one part dry ingredients, adding jerky to taste and bring to a boil on camp stove for ten minutes. Serve immediately.


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