

Activity: Ration Recipes
Resource: Ration Recipe Resource

Vegetable Stew

**Serves 10-12 (1 cup each)

**Remember: you will need to soak and cook the beans ahead of time.

**Try to stick to the ingredients listed here as much as possible for an authentic experience.

Ingredients

- ¾ lb dry kidney beans
- ¾ lb dry lima beans
- 4 cups diced carrots
- 4 cups diced turnips
- 4 cups diced celery
- 1 ½ cups chopped onions
- 8 cups diced potatoes
- 6 cups tomatoes
- 5 tbsp rice flour
- 5 tbsp cornstarch
- 20 cups water
- 3 ¼ tsp salt
- ¼ tsp pepper

Equipment

- Stove
- A large stock or soup pot
- A large mixing spoon
- Knives and vegetable peelers
- Cutting boards
- Measuring cups and spoons

Directions

- 1) Soak the beans overnight.
- 2) Drain the beans, add water and cook for one hour.
- 3) Add the carrots, turnips, onions and salt.
- 4) Bring to a boil and cook for 30 minutes.
- 5) Add the other vegetables and cook for 20 minutes.
- 6) Thicken and season.

Reference:

Cooking for a Crowd, *Wartime Canada*, accessed September 2019, <http://wartimecanada.ca/archive-categories/recipes>