

# A Variety of Meals

Below are four columns. Take one ingredient from each column, mix them in a zip lock lunch bag and you'll have a pretty good meal waiting for water and heat. Bases marked with an \* do not need a sauce. Wrap all the pre-fried items in alfoil.

<i>Base (choice 1)</i>	<i>Sauce (choice 2)</i>	<i>Vegie (choice 3)</i>	<i>Protein (choice 4)</i>
½ cup rice	Hearty beef instant or powdered soup	Dried peas	Chopped Twiggle sticks or salami
100g of 3 minute pasta	Any flavour instant or powdered soup	Dried carrots and peas	
Dried peas and corn	Pre-fried bacon strips		
Continental side dishes Pasta and Sauce*	Tomato instant or powdered soup	Dried onions	100g lentils
Quick cooking noodles	Curry powder	Pre-fried mushrooms and capsicum	Pre-cooked beef strips
Continental side dishes Rice*	Stock cube (beef, chicken, bacon)	Fresh chopped cauliflower or broccoli	Dried or sachet tuna

This mix'n'match method was developed by Tim Jepson and Judy Elton, Badimara Scout Group, ACT, and is known as the EI-Jep method.