

# Trench Stew

Makes:2 servings

Total time:10 minutes

A total of 4,000,000 tons of food was sent from Britain to the soldiers fighting in France and Belgium during the First World War. At the beginning of the war British soldiers were given 300 grams of meat and 225 grams of vegetables a day. As the size of the army grew, they could not maintain these rations and by 1916 this had been cut to 170 grams of meat a day(that's almost half!)

The bulk of their diet in the trenches was bully beef (caned corned beef), bread and biscuits. By the winter of 1916 flour was in such short supply that bread was being made with dried ground turnips. The main food was now a pea-soup with a few lumps of horsemeat.

Providing fresh food was also very difficult. It has been estimated that it took up to eight days before bread reached the front-line and so it was always stale. So were the biscuits, the soldiers attempted to solve this problem by breaking them up, adding potatoes, onions, sultanas or whatever was available, and boiling the mixture up.

## Ingredients

- 1 turnip or large potato
- 1 parsnip
- 2 carrots
- ½ tin corned beef
- ½ stock cube
- 1 pint of water
- 1 or 2 biscuits or stale bread

- Step 1

Chop up the vegetables. Chop the carrots into small pieces and the other veg into larger pieces. Add to pint of boiling water with stock cube and allow to simmer.

- Step 2

As the veg becomes tender mix in 1/2 can corned beef and crumble in the stale bread or biscuits/crackers and simmer for a few more minutes.

- Step 3

Eat and enjoy!