

# FOIL WRAPPED MEALS FOR CAMPING



# Foil Cooking

## Foil Cooking Hints:

You will need a shallow bed of glowing coals that will last the length of cooking time.

Don't forget tongs to move packages around.

Start with two layers of heavy-duty aluminum foil, if all you have is regular foil use three pieces. The objective here is to prevent the foil from being punctured during cooking, losing the moisture and thereby burning your meal. Be sure to cut the length of your foil long enough to bring the ends together after placing your meal on the foil.

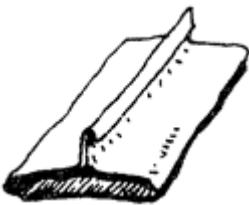
## The “Drug Store” Fold:

Cut a piece of foil at least 18 inches long.



Place food in center of aluminum, *shiny side up*.

Bring the sides up and together.



Fold down towards food in 1/2 inch increments, creasing as you go, stop 1/2 inch above food.

Fold top down onto food, don't



crease.



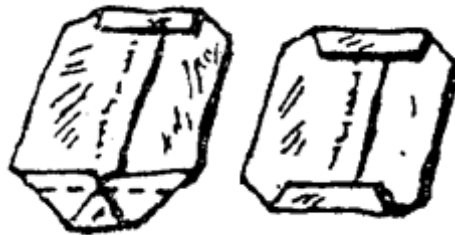
Fold the top down flat. Press ends together.

Fold corners over along dotted lines.



Fold pointed ends over 1/2 inch.

Fold ends over again.



### **Ready to Cook Your Meals:**

If you plan to cook the meal later, simply put the package in your cooler and you are ready to go. When you are ready to cook your meal, place the foil dinner on the coals. Cooking time will vary depending on your coals, the size of your meal, and the size of the vegetables. Turn over often to prevent burning. Remove from coals and carefully open to check its doneness. If not done, re-close, wrap another piece of foil around the package if needed and return it to the coals. When done, open package and eat directly from the foil package, or transfer the food to a plate.

### **Cooking Times:**

Hamburger: 8-12 minutes

Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes

Whole Apples: 20-30 minutes

Hotdogs: 5-10 minutes

Sliced potatoes 10-15 minutes

## **Basic Recipes**

### **Basic Foil Dinner**

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

### **Variations on the hamburger foil dinner:**

- a. Just a touch of garlic salt or Lowry's Seasoned Salt makes a lot of difference.
- b. Add Cream of Mushroom or Chicken soup to foil dinners. It adds taste as well as additional moisture. A couple of tablespoons are enough.
- c. Spice up foil dinners by adding Heinz 57 Sauce, BBQ sauce, Worcestershire sauce, or even Italian dressing
- d. Instead of hamburger, try pork loin, or boneless chicken breast or chicken strips! If you use chicken, try pineapple slices with mild BBQ sauce. Ground turkey can be used instead of ground beef.
- e. Vary the vegetable ingredients to include slices of tomato, bell peppers, celery, green beans, or onions.

### **Pizza Pocket**

Use a tube of flat dough (often used in making Pig-in-the-Blankets). Take a section of flat dough and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, onions, etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. Bake for 10 minutes on each side.

### **Pita Bread Italian Pizza**

Cut each pita in half and spoon pizza sauce into pocket spreading it evenly. Add cheese, pepperoni, and other toppings. Add some Italian seasonings for taste. Wrap in foil and place in coals. Cook for one or two minutes, flip, and cook another minute or two.

### **Seafood Dinners**

For variety, try peeled shrimp or scallops, snow peas, strips of red pepper, sliced mushrooms, thin slice of ginger root. This cooks rather quickly, usually in less than 10 minutes depending on size of shrimp or scallops.

### **Ham Dinner #1**

Chunks of ham, sweet potatoes (par boiled), pineapple, butter, and a little brown sugar. As soon as it comes out of fire, add a few mini marshmallows on top.

### **Ham Dinner #2**

Ham steak or cubes, pineapple slices (or tidbits), dash of teriyaki sauce, and mixed vegetables to taste.

### **Ham and Potatoes Au Gratin**

Cubed ham, chopped potatoes, a little butter, and onions. Add grated cheese of your choice.

### **Chicken Dinner #1**

Chicken strips, green peppers, onion, carrots, potatoes, mushrooms, in a cream of mushroom sauce.

### **Chicken Dinner #2**

Chicken strips with instant rice and cream of celery soup.

### **Stir-Fry Chicken**

Use a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. The meat was place on the bottom with the veggies on top. Add a couple of dashes of Teriyaki sauce. Don't turn it over. Let the veggies cook in the heat from the meat. They will be slightly crunchy, almost steamed.

### **Foil Fajitas**

Marinated Fajita Meat (Beef or Chicken), Onions, Green Peppers. Serve on tortillas with cheese, salsa, sour cream, etc.

### **Biscuits**

Bisquick mix is good for individual biscuits. Coat the foil with butter or oil before you plop the biscuit dough on the foil to keep it from sticking.

### **Baked Potatoes**

Wash and poke a few holes in a potato. Coat the potato with vegetable oil and wrap in foil. Add cheese, butter, sour cream, etc. after they are cooked.

### **Stuffed Potatoes**

Core small to medium potato, insert a small pre-cooked sausage or hot dog. Wrap in foil, set in hot ashes to bake. It takes 45-60 minutes to cook. Remove and slice top and add cheese, chili or other toppings of your choice.

### **Baked Bananas**

Slice a banana lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap and bake.

### **Baked Apples**

Core and slice an apple. Add brown sugar, butter, and cinnamon. Wrap and bake.

### **Hobo Popcorn**

In center of 18" x 18" square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt. For a kettle corn flavor, add a little sugar to the oil prior to cooking.

### **Foil Breakfast**

Coat foil with butter or oil to prevent sticking. Add hash brown potatoes, scrambled eggs (uncooked), sausage patty, and season to taste. Wrap securely. Place on coals for 15 minutes.

## Advanced Recipes

### Chili Cheese Fries Tin Foil Dinner

Cook Time: 25 mins

Servings: 4 servings

#### *Ingredients*

- 1 small package frozen french fries not mega family size
- one can of chili of choice
- 1 cup shredded cheddar cheese

#### *Instructions*

1. Spray the inside of a large doubled-up sheet of foil with cooking spray.
2. Place the frozen fries in the middle of the sheet; fold to enclose.
3. Cook the fries on your BBQ or over a campfire until they are cooked - around 15-20 minutes.
4. Spread the chili and cheese over the fries.
5. Close the packet again and cook until the chili is hot and the cheese has melted.
6. Remove, cool slightly and enjoy! We just ate it with fork

### Bacon Ranch Grilled Potatoes Foil Dinner

Cook Time 40 minutes

Servings 4 -6 servings

#### *Ingredients*

- 1 1/2 lbs of potatoes I used Yukon gold
- 1/3 cup Ranch Dressing
- 4 slices of bacon cooked and crumbled
- 1/4 cup shredded cheddar or Colby Jack cheese
- 2 tablespoons fresh parsley chopped finely
- 1/2 teaspoon salt
- pepper to taste
- non-stick cooking spray for greasing

#### *Instructions*

1. Preheat grill to 350 degrees.
2. Scrub and slice potatoes. (I use a mandoline for an even slice.)
3. Prepare foil. Use heavy duty foil if you have it. Otherwise, use a double layer. Cut off a piece large enough to fold over potatoes on all sides. Spray evenly with non-stick cooking spray.
4. Mix potatoes with ranch dressing. Layer on foil. Top with bacon, shredded cheese, salt, pepper, and parsley.
5. With heat on medium, grill for about 15 minutes. Flip over and grill for another 15-20 minutes or until potatoes are fork tender.

#### *Recipe Notes*

The ranch dressing seems to get absorbed as the potatoes cook. Feel free to just by adding half of the ranch in the beginning and add the remaining half after they've been cooked.

Spray the foil well. The potatoes will definitely stick if you don't.

## **Grilled Pineapple Chicken Foil Dinner**

Cook time: 20 mins

Servings: 4

### *Ingredients*

- 4 boneless skinless chicken breasts cut into 1½ inch pieces
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 1½ cups (or 1 15-ounce can) pineapple chunks
- 1 cup teriyaki sauce (see note)
- 1 cup Asian toasted sesame dressing (see note)

### *Instructions*

1. Preheat the grill. Lay out 4 large (about 24 inches long) pieces of foil. In a bowl whisk together teriyaki sauce and sesame dressing.
2. Distribute chicken, peppers, onions, pineapple chunks, and sauce between the sheets of foil. Fold the the sides of the foil over the fillings and seal shut.
3. Grill packets for about 10-15 minutes, turning over once half way through. Carefully unfold foil packets and check chicken to make sure it is cooked through. Garnish with cilantro and sesame seeds if desired, serve immediately

## **Easy Tin Foil Sausage and Veggies Foil Dinner**

Cook Time 16 minutes

Servings: 4 -6

### *Ingredients*

- 1 red bell pepper
- 2 ears corn
- 1/2 large yellow onion 1 medium
- 4-5 small red potatoes
- 1 medium sized zucchini
- 1 package (13 ounces) Italian Sausage
- 5 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley flakes
- 1/2 teaspoon garlic powder
- 1 teaspoon paprika
- Seasoned salt and pepper
- Optional: chopped parsley

### *Instructions*

1. Cut the top off the pepper and remove the seeds. Thinly slice.
2. Remove husk from corn and cut into 1 inch disks. Coarsely chop the onion.
3. Cut the potatoes into small bite-sized pieces -- about 8-10 pieces per potato depending on size.
4. Coin (thinly slice) the zucchini.
5. Coin the sausage (at 45 degree angles).

### *Assemble*

1. Preheat the grill to medium heat.
2. In a small bowl, stir together the olive oil, oregano, parsley, garlic powder, paprika, about 1/2 teaspoon (or to taste) seasoned salt and pepper. Stir.
3. Add seasonings mixture to the veggies + meat and toss well.
4. Place 2 pieces of tin foil on top of each other.
5. Put a generous amount of the mixture in the center and then fold up the first piece of foil and then the next piece of foil to form a secure encasing.
6. Grill covered over medium heat for 16-24 minutes (depending on heat of grill) until veggies are crisp tender.
7. Remove and top with freshly chopped parsley if desired.

### **Southwestern Chicken Foil Dinner**

Cook Time 30 mins

Servings: 2

#### *Ingredients*

- 1 cup frozen corn
- 1 (15oz) can black beans, drained and rinsed
- 1 tsp taco seasoning
- 2 chicken breasts or 4 chicken tenders
- salt and pepper to taste
- 1/2 cup salsa or pico de gallo
- 1 cup shredded pepper jack cheese
- cilantro, to garnish
- sour cream, optional

#### *Instructions*

1. Pull off 4 sheets of heavy-duty tin foil (8-10 inches) and layer to create 2 packets. Lightly mist with cooking spray.
2. Stir together the corn, black beans, and taco seasoning. Divide between the 2 foil packets. Season the chicken with salt and pepper. Place 1 chicken breast or 2 chicken tenders in each packet. Top the chicken with salsa and shredded cheese.
3. Bring the two longer edges of the foil together above the food. Fold the edges down twice, creating the top seal. Press the side edges together and fold, creating a secure packet.
4. Cook on hot coals, a gas grill, or in a 375 degree oven for 30 to 45 minutes until chicken is cooked through. (\*See notes for cooking with coals or a grill.)
5. Top with fresh cilantro, sour cream, and avocado before serving.

#### *Recipe Notes*

\*If cooking on COALS make sure to carefully turn the packet 2 or 3 times to prevent burning.

\*\*If cooking on a GRILL make sure to carefully turn the packet once, about halfway through the cook time to ensure even cooking.



## **Sausage Pierogie Foil Dinner**

### *Ingredients:*

- Johnsonville 3 Cheese Italian Style Chicken Sausage (sliced)
- Mini Potato Cheese Pierogies (thawed)
- chopped onion
- chopped red pepper
- sugar snap peas
- butter

### *Instructions*

1. Place 2 pieces of tin foil on top of each other.
2. Put a generous amount of the mixture in the center and then fold up the first piece of foil and then the next piece of foil to form a secure encasing.
3. Grill covered over medium heat for 16-24 minutes (depending on heat of grill) until veggies are crisp tender.

## **Grilled Herbed Chicken & Potato Foil Dinner**

Cook time: 20 mins

Servings: 4

### *Ingredients*

- 6-8 boneless skinless chicken thighs OR 4 boneless skinless chicken breasts
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon dried dill
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 3 tablespoons oil
- 1-1½ pound potatoes (red or gold potatoes work best in this recipe), thinly sliced (about 2 cups potato slices)
- 1 cup sliced mushrooms

### *Instructions*

1. Stir together seasonings and set aside. Add oil to a bowl along with chicken, potatoes, and mushrooms and toss to coat everything in the oil.
2. Lay out 4 12x12 sheets of nonstick foil on a flat surface. Divide chicken, potatoes, and mushrooms between each of the foil sheets. (If using thighs there should be 1-2 per foil sheet, if using breasts there should be 1 per foil sheet) Sprinkle with seasoning mixture.
3. Fold foil over the chicken-potato-mushroom mixture and scrunch the ends of the foil together to close off the foil pack.
4. Place foil packs on preheated grill and cook for about 10-15 minutes, then flip and cook another 5-7 minutes. Check the chicken for doneness, once cooked through, garnish with fresh herbs if desired (such as thyme, rosemary, or oregano) and serve immediately.

## **Orange-Thyme Grilled Shrimp Foil Dinner**

### *Ingredients*

- 2 pounds large shrimp, peeled and deveined, tails on
- ¾ - 1 cup fresh orange juice
- 1-1/2 tsp. grated orange zest
- 2 garlic cloves, minced
- 2 Tbsp. olive oil
- 1 Tbsp. chopped fresh thyme + fresh sprigs
- ½ tsp. salt
- ¼ tsp. pepper

### *Instructions*

1. In a shallow dish or large Ziploc bag, combine shrimp, orange juice, orange zest, garlic, oil, chopped thyme, salt and pepper. Toss to coat. Marinate in the refrigerator for 30 minutes or up to 8 hours.
2. Cut two or three large rectangles of foil. Divide shrimp & marinade and place in center of foil rectangles.
3. Close the foil lengthwise, top to bottom, folding over and pinching to close.
4. Now close each side one at a time rolling up toward the middle.
5. You can make 2-3 of these depending on how big your foil sheets are and how many shrimp are in each packet.
6. Place foil packets onto preheated grill and cook for about 8-10 minutes on high heat. Cooking time all depends on the heat of the grill and amount of shrimp in each packet. Pull foil packets off grill and carefully open. Serve and enjoy!

## **Kielbasa Foil Dinner**

Servings: 4

Cook Time: 35 min

### *Ingredients*

- 1 lb beef sausage or Kielbasa
- 2 cups chopped up yellow squash
- 2 cups chopped up zucchini
- 1 cup sliced white mushrooms
- 1 Tbs Montreal Steak Seasoning
- 1 Tbs olive oil
- 4 1 ft pieces of Handi-foil\_12in wide

### *Instructions*

1. Preheat oven to 375 or grill to 500
2. Lay foil out on a tray
3. Cut up sausage/kielbasa into rounds and squash and zucchini into bit sized pieces.
4. Toss mushrooms, sausage, squash, olive oil, and seasoning in a bowl and stir until coated
5. Divide amongst the foil, and fold foil up to form a sealed packet
6. Bake on a tray for 35-40 minutes until fragrant and vegetables are tender
7. Or Grill for approximately 20 minutes, turning or flipping and checking regularly.

## **Lemon Chicken and Potatoes Foil Dinner**

Servings: 4

Cook Time: 30 minutes

### *Ingredients:*

- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon whole grain mustard
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- Zest of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 16 ounces baby red potatoes, halved
- Kosher salt and freshly ground black pepper, to taste
- 4 boneless, skinless chicken breasts
- 1 lemon, thinly sliced
- 2 tablespoons chopped fresh parsley leaves

### *Directions:*

1. Preheat oven to 375 degrees F.
2. In a small bowl, combine 2 tablespoons olive oil, mustards, thyme, rosemary and lemon zest; season with salt and pepper, to taste. Set aside.
3. Cut four sheets of foil, about 12-inches long. Divide potatoes into 4 equal portions and add to the center of each foil in a single layer.
4. Fold up all 4 sides of each foil packet. Drizzle with remaining 1 tablespoon olive oil and season with salt and pepper, to taste; gently toss to combine.
5. Top each packet with the chicken. Using your fingers or a brush, work the mustard mixture onto both sides of the chicken. Top with lemon slices.
6. Fold the sides of the foil over the chicken, covering completely and sealing the packets closed. Place foil packets in a single layer on a baking sheet. Place into oven and bake until the chicken is cooked through and the potatoes are tender, about 25-30 minutes.\*
7. **OPTIONAL:** Preheat oven to broil. Open the packets and broil for 2-3 minutes, or until caramelized and slightly charred.
8. Served immediately, garnished with parsley, if desired.

## **BBQ Chicken Foil Dinner**

Servings 4

Cook time: 40 min

### *Ingredients*

- 4 boneless skinless chicken breasts, cut in 1-inch pieces
- 2 cups barbecue sauce
- 2 cups drained pineapple tidbits
- 1 red bell pepper, diced
- 1 small red onion, diced

### *Directions*

1. Heat oven to 375°F. Cut 4 large sheets of foil; arrange singly on flat surface.
2. In medium bowl, toss together 4 boneless skinless chicken breasts, cut in 1-inch pieces, and 2 cups barbecue sauce until chicken is fully coated.
3. Divide chicken pieces evenly among sheets of foil. Divide 2 cups drained pineapple tidbits, 1 bell pepper, diced, and 1 small red onion, diced, evenly over chicken on foil sheets.
4. Bring up 2 sides of foil over chicken so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space on sides for heat circulation and expansion. Fold other sides to seal.
5. Bake 35 to 40 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F). To grill, place foil packs on preheated grill. Cook 10 minutes. Turn packs over; cook 10 to 15 minutes longer or until juice of chicken is clear when center of thickest part is cut (at least 165°F).

### **Coconut Lime Shrimp Foil Dinner**

Servings: 5

Cook time: 12 mins

#### *Ingredients*

- 2 cloves of garlic
- 3 tbsp coconut milk
- ¼ cup shredded coconut
- juice and zest of 1 lime
- 2 tsp soy sauce
- 2-3 tbsp fresh cilantro leaves
- 3 tbsp olive oil
- ½ jalapeno, seeded
- ½ tsp salt
- 1½ lbs shrimp, peeled and deveined

#### *Instructions*

1. Combine all ingredients, except the shrimp, in a food processor, and blend until smooth and creamy.
2. Toss the shrimp with the sauce, and allow them to marinate for at least 30 minutes.
3. When ready to cook, heat up your gas grill to medium heat.
4. Get a large piece of foil, and spray generously with nonstick spray. Pour the shrimp and marinade mixture in the middle in a single layer, and fold and secure the tin foil package so nothing leaks.
5. Cook for about 10-12 minutes, until shrimp are pink and cooked through. Serve immediately over rice or with your favorite side dish!

## **Easy Salmon and Potato Foil Dinner**

Servings: 2

Cook Time: 25 to 30 minutes

### *Ingredients:*

- 1 medium potato, sliced into very thin rounds about 1/16th-inch thick, divided
- about 4 tablespoons olive oil, divided
- salt and pepper to taste, divided
- 2 salmon filets, about 6 ounces each
- 1 large orange, halved
- 1 lemon, halved

### *Instructions:*

1. Preheat oven to 400F. To a 12-inch long sheet of foil (I use Reynold's Heavy Duty Non-Stick), add half the potato slices in a pile in the center of foil. Slightly fan out the potatoes so air can circulate. Make sure potatoes are sliced very thin so they cook through in the same amount of time it takes the salmon to cook.
2. Evenly drizzle the potatoes with about 1 tablespoon of olive oil, season with salt and pepper, and repeat process with another sheet of foil and the remaining potato slices.
3. Top each pile of potatoes with 1 salmon filet.
4. Evenly drizzle each salmon filet with about 1 tablespoon olive oil.
5. Squeeze half the juice of the orange over one salmon filet and half the juice over the other filet.
6. Squeeze half the juice of the lemon over one salmon filet and half the juice over the other filet.
7. Season each salmon filet with salt and pepper.
8. Seal foil packets, making sure to tightly crimp the seams so the olive oil and citrus juices don't leak. Place packets on baking sheet and bake for about 25 to 30 minutes. Carefully open one packet to check for doneness of both salmon and potatoes and if necessary, return to the oven for an additional 5 minutes, or until done.

## **Hobo Foil Dinner**

Servings: 4

Cook Time: 25 min

### *Ingredients*

- 1 pound ground beef
- 4 potatoes, peeled and cubed
- 2 cups carrots, thinly sliced
- 1 onion, diced
- Salt and pepper, to taste
- Worcestershire sauce
- BBQ sauce
- Shredded cheddar cheese
- Directions:

### *Instructions*

1. Use a large square piece of aluminum foil for each tin foil dinner. Spray foil with nonstick cooking spray.
2. Separate ground beef into 4 equal patties and place in the center of each piece of foil.
3. Divide potatoes, carrots, and onion evenly between all 4 dinners and place on top of meat. Sprinkle with salt and pepper, to taste. Pour a few dashes of Worcestershire sauce on top of each dinner and fold foil up tightly around the entire meal.
4. Cook on a grill on medium-high heat or an open fire for 25-30 minutes, or until vegetables and meat are cooked through.
5. Open foil carefully and top with BBQ sauce and shredded cheese.

### **Sausage, Potato and Green Bean Foil Dinner**

Servings: 4

Cook Time: 20 minutes

#### *Ingredients:*

- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced
- 1 pound baby red potatoes, quartered
- 1 pound green beans, trimmed
- 8 ounces cremini mushrooms, halved
- 1 onion, chopped
- 4 tablespoons unsalted butter, divided
- 4 teaspoons cajun seasoning, divided
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

#### *Instructions:*

1. Preheat a gas or charcoal grill over high heat.
2. Cut four sheets of foil, about 12-inches long. Divide sausage, potatoes, green beans, mushrooms and onion into 4 equal portions and add to the center of each foil in a single layer.
3. Fold up all 4 sides of each foil packet. Add butter, cajun seasoning, salt and pepper, to taste; gently toss to combine. Fold the sides of the foil over the sausage, covering completely and sealing the packets closed.
4. Place foil packets on the grill and cook until just cooked through, about 12-15 minutes.\*
5. Served immediately, garnished with parsley, if desired.

### **Chicken Fajita Foil Dinner**

Servings: 4

Cook time: 20-25 minutes

#### *Ingredients*

- 1.5 lbs Chicken Breasts, cut into strips
- 3 Bell Peppers (I used a mix of red, green, and yellow)
- 1 Red Onion
- 2 Tbsp Chili Powder
- 2 Tbsp Cumin

- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Salt

*Instructions*

1. Cut chicken breasts, bell peppers, and onion into strips.
2. Mix spices together in a bowl.
3. Toss spices, chicken, and vegetables together and wrap them in foil.
4. Cook on grill over indirect heat for 20 -25 minutes OR in oven at 400°F for 20 - 25 minutes or until chicken is cooked through.
5. Serve with tortillas.

**Cajun-Style Grill Foil Dinner**

Servings: 4

Cook Time: 35 minutes

*Ingredients*

- 8-12 pieces corn on the cob, 4 full cobs cut in half or in thirds
- 4 red potatoes, washed and cubed
- 20-30 uncooked shrimp, peeled or not, it's up to you
- 1 lb. smoked sausage, cut into chunks
- melted butter, or olive oil, to taste
- 1/2 c. chicken broth, you may not need that much
- Cajun/Creole seasoning, we like to use Tony Chachere's brand, to taste
- salt and pepper, to taste

*Instructions*

1. Heat grill to 400-degrees. You can do this in your oven at the same temperature.
2. Evenly distribute corn, potatoes, shrimp, and sausage between 4 heavy-duty foil sheets (approximately 12x18 inches each).
3. Drizzle melted butter and about 2 tablespoons chicken broth over each foil packet.
4. Season evenly and generously, to taste, with Cajun seasoning, salt, and pepper.
5. Tightly seal foil packets by folding up the sides over the contents and tightly folding up the ends over the seam.
6. Grill 30-40 minutes or until potatoes are tender, flipping once half-way through
7. Be careful opening the packets to check for doneness, the steam inside is VERY hot!

**Parmesan Garlic Salmon and Veggies Foil Dinner**

Servings: 4

Cook Time: 25 minutes

*Ingredients*

- Thin green beans trimmed -- about 10-12 per packet
- 4 teaspoons olive oil
- 2 teaspoons minced garlic separated
- Lemon pepper seasoning and salt
- 4 ounces skinless salmon filets\*\* 6 each

- 1/4 cup (4 tablespoons) unsalted butter at room temperature
- 4 tablespoons freshly grated Parmesan cheese
- 2 large lemons
- Optional: extra lemon fresh parsley

#### *Instructions*

1. Preheat the oven to 400 degrees F.
2. Tear 4 pieces of heavy duty foil about 14-15 inches long. Lightly spritz each piece of foil with nonstick spray.
3. Place the green beans evenly in the center of each piece of foil.
4. Drizzle each set of green beans with 1 teaspoon of oil and sprinkle with salt and lemon pepper seasoning. Divide 1 teaspoon minced garlic evenly among the beans.
5. Lightly salt and pepper (with lemon pepper seasoning) each salmon filet and then place each filet in the center of each piece of foil on top of the beans.
6. In a bowl, stir together the butter (do NOT melt), Parmesan cheese, about 2 and 1/2 tablespoons freshly lemon juice, 1 teaspoon lemon zest, and remaining 1 teaspoon garlic. This should be a thick paste and not at all watery.
7. Divide the paste evenly on top of each filet and rub evenly across the top.
8. Seal the foil packet by bringing the right and left sides together and then folding down and sealing and then folding up each end to seal. Make sure the seal is 100% complete.
9. Make sure you allow space in the packet for the heat to circulate and for expansion.
10. Bake for about 22-27 minutes or until the salmon is cooked through. Remove from the oven and (optional) turn on the broiler to 550 degrees F.
11. Open the salmon packets so the top of the salmon is exposed and place under the broiler for 30 seconds to 3 minutes (watch closely) or until the parmesan crust is slightly crispy.
12. Remove and enjoy immediately with fresh chopped parsley and a squeeze of lemon if desired. Add some additional lemon pepper seasoning as desired.

### **Philly Cheesesteak Foil Dinner**

Servings: 4

Cook time: 25 mins

#### *Ingredients*

- 1 lb ground beef
- 2 Russet potatoes, chopped
- 1 green pepper, chopped
- 1/2 large onion, chopped
- 1 cup sliced mushrooms
- 4 slices provolone cheese
- salt and pepper, to taste

#### *Instructions*

1. (If using an oven) Preheat oven to 400°
2. So easy – Divide all the ingredients into fourths.
3. Place a nice 1/4 lb layer of meat on a 14" x 14" square foil piece. You can do a solid patty of meat (the manly option), or disperse the meat into chunks (for women - or those with dentures).



4. Pile a desired amount of the remaining ingredients into your own individual meal.
5. Be very generous with the salt when seasoning your uncooked pocket of awesome. Put more than you think you will need. Somehow, the salt kinda disappears during the cooking process, so be liberal.
6. When the foil dinner is built according to your desires, wrap it up in the foil. Bring two sides in and crease the sides together, folding over a few times to make a tight pocket. Take the open sides and fold them closed until your fold runs into the food piled inside.
7. Place the packet on a cookie sheet and bake for about 20-25 minutes - no need to flip or double wrap.

#### *Notes*

If you want to do this over a fire instead, place your dinner very close to (or even directly on) a pile of hot coals/briquettes. Cook for approximately 10 minutes, flipping halfway through.

### **Italian Chicken and Vegetables Foil Dinner**

Servings: 4

Cook Time: 40 minutes

#### *Ingredients*

- 4 aluminum foil sheets , large enough to wrap around one chicken breast.
- 4 boneless skinless chicken breast halves (4 ounces each)
- 4 teaspoons olive oil
- salt and fresh ground pepper , to taste
- 2 garlic cloves , chopped
- 1 yellow onion , thinly sliced
- 1 red bell pepper , julienned
- ?4 small carrots , julienned
- ?4 large basil leaves
- 1/3 cup Kraft Zesty Italian Dressing

#### *Instructions*

1. Preheat oven to 375
2. Place one chicken breast on each sheet of foil.
3. Drizzle a teaspoon of olive oil over each chicken breast.
4. Season chicken with salt and fresh ground pepper.
5. Arrange chopped garlic, slices of onion, peppers, and carrots on top and around each chicken breast.
6. Place a basil leaf on top of each chicken and vegetables.
7. Spoon 1 to 2 tablespoons of salad dressing over chicken and vegetables.
8. Fold the sides of the foil over the chicken, covering completely; seal the packets closed.
9. Transfer foil packets to a baking sheet.
10. Bake for 35 to 40 minutes, or until chicken is cooked through.
11. Remove from oven and carefully open up the foils; put the packets under the broiler for 3 to 4 minutes.
12. Remove from broiler.
13. Serve .

## **Hot Ham and Pineapple Foil Dinner**

Servings: 6

Cook Time: 15 minutes

### *Ingredients*

- 6 Rhodes Artisan French Rolls, thawed to room temperature
- 9 oz deli sliced ham
- 6 pineapple rings, cut in half if desired
- 6 slices cheddar cheese
- 2 Tbsp Dijon mustard
- 1 Tbsp honey

### *Instructions*

1. Cut rolls in half. Mix the Dijon mustard with the honey and spread the bottom of each roll with some of the honey-mustard mixture.
2. Layer each sandwich as follows: Fold a few pieces of ham and place it on top of the honey-mustard. Top the ham with a pineapple ring, cut in half, if desired. Top pineapple with a slice of cheddar cheese, and the top half of the roll.
3. Wrap each sandwich well with heavy-duty aluminum foil. Place the sandwiches over hot coals or a grill rack until hot, about 20 minutes depending upon the temperature of your fire. Alternatively, you can bake these sandwiches directly on top of the center rack in a 400 degree Fahrenheit oven for 15 minutes. Carefully unwrap and enjoy!

## **Fish Packets with Spinach and Tomato Foil Dinner**

Servings: 2

Cook Time: 30 minutes

### *Ingredients*

- 1 bunch of asparagus, trimmed
- 2 campari or roma tomatoes, sliced
- 2 tilapia fillets, about 6 ounces each
- 2 teaspoons olive oil,
- 1/2 teaspoon chili garlic sauce, found in Asian section of grocery store
- 1/4 teaspoon kosher salt, plus a few pinches more
- 1 lemon, sliced into thin rounds

### *Instructions*

1. Preheat oven to 375 degrees F. Tear off two 2-foot-long sheets of aluminum foil. In a small bowl, mix together olive oil, chili sauce, and 1/4 tsp. kosher salt.
2. Place asparagus spears down the center of each piece of foil, and lay sliced tomato evenly on top. Sprinkle with a couple pinches of kosher salt.
3. Place one fish fillet on top of tomatoes in each packet, and spread fish with olive oil mixture. Arrange lemon slices over the fish.
4. Fold the two long sides of foil to the center and fold to make a seam. Crimp the short ends to seal the packet completely. Place sealed packets on a baking sheet, and bake in preheated oven for 25-30 minutes.

5. Very carefully open one end of each packet and pour off any excess liquid before opening fully. Be careful because there will be a lot of steam! Open packet, and slide spatula under the entire fish/tomato/asparagus assembly to transfer to serving plate.

#### *Recipe Notes*

If you find that the fish is undercooked when you open the packet, you can stick it under the broiler for an additional 3-5 minutes or until done.

### **Beef-Stuffed Pepper Boats Foil Dinner**

Servings: 6

Cook Time: 20-25 minutes

#### *Ingredients*

- 2 pounds (1 kg) 80/20 (lean) ground beef
- Water
- 1-1/2 cups (375 mL) instant brown rice
- 1 zucchini, chopped
- 2 teaspoons (10 mL) dried Italian seasoning
- 1-2/3 cups (400 mL) spaghetti sauce, divided use
- 1-1/2 cups (375 mL) shredded mozzarella cheese, divided use
- 3 large bell peppers (1 green, 1 red, 1 yellow), halved lengthwise and cored 3 (see Tips)

#### *Instructions*

1. In a large skillet, over medium-high heat, cook beef, breaking it up with a spoon, for 5 to 6 minutes or until no longer pink. Drain off fat.
2. Meanwhile, in a medium saucepan, bring 1-1/2 cups (375 mL) water to a boil over high heat. Stir in rice. Reduce heat to medium-low, cover and simmer for 5 minutes. Remove from heat and let stand for 5 minutes, then stir in beef, zucchini, Italian seasoning, 1 cup (250 mL) spaghetti sauce and 1 cup (250 mL) cheese.
3. Tear off 6 sheets of heavy-duty foil, large enough to wrap each bell pepper half. Coat each sheet with nonstick vegetable cooking spray.
4. Place a pepper half on each prepared foil sheet. Spoon beef mixture into pepper halves, dividing evenly, and top with the remaining sauce and cheese. Fold edges of foil up into a bowl shape around the pepper. Spoon 1 tablespoon (15 mL) water into the bottom of each packet. Fold foil into tent-style packets and seal edges tightly. Refrigerate for up to 3 days.
5. Prepare campfire coals. Place stuffed pepper packets on hot coals and cook for 20 to 25 minutes or until filling is heated through, peppers are tender, and the edges are crisp.

#### *Tips:*

If you have a 26-oz (740 mL) jar of spaghetti sauce, you'll need about half for this recipe. You can heat the remaining sauce to drizzle over the tops of the peppers. It also makes a great dipping sauce for fries. It is not necessary to use a mix of bell pepper (sweet capsicum) colors, but if you are serving these on a platter, the presentation is so inviting.

### **Camping Quesadillas Foil Dinner**

Cooking time: 10-15 minutes

Servings: 4 quesadillas

#### *Ingredients*

- 4 medium flour tortillas
- 2 8oz chicken breasts, grilled and sliced
- 1 jar Tostitos salsa con queso
- 1 can black beans rinsed and drained
- 1 c. shredded Mexican blend cheese
- tin foil

*Instructions*

1. Spread 1 Tbsp salsa con queso over one side of a tortilla.
2. Place 1/4 c. chicken on half the tortilla over the salsa con queso. Sprinkle 1/4 c. black beans and about 1/4 c. cheese over the chicken.
3. Fold other side of tortilla over to cover ingredients. Place on a piece of tin foil large enough to cover the quesadilla. Leave the ends open.
4. Place the foiled quesadilla on the grate directly over the campfire. Keep over fire to cheese is melted and tortilla is crispy.
5. Remove from the grate and cut in four pieces. No plates needed because you have the foil!

**Potatoes Au Gratin Foil Dinner**

Cooking time: 40-45 minutes

Servings: 8

*Ingredients*

- 4 pounds new potatoes, sliced thin or cubed
- 2 cups heavy cream
- 2 shallots, chopped
- 4 cloves garlic, chopped
- 2 teaspoons kosher salt
- 1 tablespoon black pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon red pepper flakes
- 4 oz. Fontina or Gruyere, grated

*Instructions*

1. Combine cream, shallot, garlic, salt, pepper, thyme, and red pepper flakes in a small pot and heat over low heat until it's steaming. Let it simmer for about 10 minutes, stirring regularly. Then pulse mixture in a food processor or just mash it together to mash up shallot and garlic.
2. Wash potatoes well and either A) slice potatoes thin with a mandolin or just cube into 1/2-inch cubes. Divide potatoes between four foil packets. Double wrap the foil on the bottom to make sure it doesn't tear.
3. Once potatoes are in foil packets, pour cream mixture over the potatoes. Divide it evenly. Cover packets with more foil and seal tightly.
4. Cover grill and grill the packets over low indirect heat (if you're using a gas grill turn off all the burners except one and cook the foil packets off the burner). Grill for 20 minutes, rotate packets (but never flip), and grill for another 20-25 minutes. Test the potatoes to make sure they are tender.

5. Open the packets by removing the top piece of foil from the packets. Add grated cheese to the potatoes. Cover grill and grill for another 10 minutes until cheese is very melted.
6. Serve potatoes while hot!

### **Grilled Vegetables Foil Dinner**

Cook Time: 20 Mins

Servings: 6

#### *Ingredients*

- 1/2 cup canola oil
- 1/4 cup cider vinegar
- 1 clove garlic, minced
- 1 teaspoon seasoned salt
- 1/2 teaspoon pepper
- 1/2 pound green beans, trimmed
- 1/2 pound yellow wax beans, trimmed
- 1 red bell pepper, seeded, cut into 1/2-inch strips
- 1 yellow bell pepper, seeded, cut into 1/2-inch strips
- 1 zucchini, trimmed, cut into 1/4-inch rounds
- 1 summer squash, trimmed, cut into 1/4-inch rounds

#### *Instructions*

1. Preheat grill to medium. Cut 6 12-by-18-inch pieces of heavy-duty foil.
2. In a large bowl, whisk oil, vinegar, garlic, seasoned salt and pepper. Add vegetables; toss to coat. Divide vegetables evenly among foil pieces. Drizzle with any remaining dressing.
3. Fold long sides of foil toward each other, crimping edges to seal. Fold and crimp remaining edges, forming a sealed packet.
4. Place packets, seam side up, on grill. Close grill and cook for 20 minutes. To check for doneness, remove one packet from grill, open carefully and taste a vegetable: It should be crisp-tender.
5. Carefully open packets and serve.

### **Jalapeno Cilantro Lime Steak Foil Dinner**

Cook Time:

Servings:

#### *Ingredients (for one packet)*

- 1 thin cut steak (i used rib-eye)
- 1/2 lime
- 1 jalapeño (sliced)
- 1/2 garlic clove (minced) or use dried
- 1/4-1/2 bell pepper (sliced)
- 1/4 onion (sliced)
- fresh cilantro (chopped)
- Salt (Kosher) & Pepper
- Butter & Olive Oil
- Heavy Duty Foil – 2 sheets (approx. 12" x 12")

### *Instructions*

1. Preheat your grill or heat your coals on your campfire to medium high.
2. On a piece of heavy duty tin foil (approx. 12" x 12"), lightly coat with olive oil and dot with butter.
3. Season both sides of your steak with salt and pepper. Place the steak in the center of the foil.
4. Spread minced garlic on the steak and then place sliced jalapeños on top.
5. Next, place fresh vegetables and squeeze lime juice over everything. Place the rest of the lime next to the steak.
6. Dot with butter and cover with the second piece of foil over the top.
7. Seal each side of the foil shut. Once your packets are sealed and marked, place them onto the grill at medium-high heat. Grill them for 8-10 minutes (depending on how you prefer your meat), flipping them over halfway through cooking.
8. When they are finished grilling, let stand for 2-3 minutes before you open foil in the middle and enjoy.

### **Hot Dog Foil Dinner**

Cook Time:

Servings:

#### *Ingredients*

1 pack Hebrew National Hot Dogs

- 1/2 red pepper sliced
- 1/2 small onion sliced thin
- 3 fingerling potatoes, sliced thin
- Olive oil
- Salt and Pepper to taste
- Aluminum foil

#### *Instructions*

1. Rip off large squares of aluminum foil - one for each person.
2. Place hot dogs in the middle of each aluminum foil square. I put two hot dogs in each packet but 1-3 would fit.
3. Place sliced vegetables on top of hot dogs.
4. Drizzle olive oil over all of the food and then season with salt and pepper.
5. Fold foil squares into little envelope pouches.
6. Grill for 15-20 minutes on direct heat or until vegetables are at desired consistency.

### **Jerk Chicken Foil Dinner**

Cook Time:

Servings:

#### *Ingredients*

- 18 chicken tenders or 3 large chicken breasts cut into strips
- 3 tbsp vegetable oil
- 4 tbsp jerk seasoning (we used Paula Deen's "Butt Rub")

- juice from 1 lime
- nonstick foil

*Instructions*

1. Toss chicken, vegetable oil, and jerk seasoning on a sheet of foil.
2. Form a packet around the chicken.
3. Grill over high heat (turning once or twice to prevent burning) for 25 minutes.
4. Top with cilantro and lime juice.

**Campfire Kabob Foil Dinner**

*Ingredients*

- Beef (marinate the steak in vinegar to help keep the meat safe)
- Bacon
- Green Onions
- Cloves of Garlic
- Pot Roast Seasonings (or your own)
- Vinegar
- Potatoes
- Carrots
- Peas

*Instructions*

1. Cube meat. Toss in an old plastic container. Add pot roast seasonings. Put lid on container and shake vigorously so the spices stick to the meat
2. Place cloves of garlic and cut green onions into container.
3. You can add other ingredients you'd like in the tin foil dinner, Pour vinegar over meat. Place container in refrigerator so it'll keep cold longer.
4. When ready to make the meal drain the vinegar. Place meat, bacon, garlic, and onions in tin foil. Add potatoes, carrots, and peas.
5. Wrap up and throw it in the fire.
6. Leave it in the coals for 30 minutes then, if not finished, check every 5 or 10 minutes. Enjoy the meaty, hearty deliciousness.

**Grilled Tex-Mex Nacho Foil Dinner**

Cook Time:

Servings:

*Ingredients*

- 8 cups bite-sized corn tortilla chips
- 1 1/2 cups refrigerated taco sauce with seasoned ground beef (from 15-oz container)
- 1 can (15 oz) black beans, drained, rinsed
- 1 cup chopped Italian plum tomatoes
- 3/4 cup diced peeled pitted avocado
- 1 can (11 oz) whole kernel corn, red and green peppers peppers, drained
- 1 cup shredded hot pepper Monterey Jack cheese (4 oz)

- 1 cup shredded Cheddar cheese (4 oz)

*Instructions*

1. Heat grill.
2. Cut four 18 x 12-inch sheets of Reynolds Wrap™ Heavy Duty Foil; spray foil with nonstick cooking spray.
3. Spread tortilla chips in center of each foil sheet.
4. Spoon ground beef in taco sauce evenly over chips.
5. Sprinkle all remaining ingredients evenly over beef mixture.
6. Wrap each packet securely using double-fold seals, allowing room for heat expansion.
7. When ready to grill, place packets on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals.
8. Cook 10 to 15 minutes or until cheese is melted and toppings are thoroughly heated.
9. To serve, carefully open each packet to allow steam to escape.