

Dinner Ideas

Foil Meals

Beef

Put 2 oz tomato paste on an 18x24" piece of heavy duty aluminum foil. Cut ½ an onion into thick slices, separate the rings and lay out on tomato paste. Put a 5-6 oz piece of beef (hamburger, loin, steak) on the onions. Slice a green bell pepper and place slices on top of the meat. Place the kernels from one ear of corn on the peppers and then add thin slices from ½ a potato to the peppers. Fold the foil over the raw food and then fold one end of the tube over. Several folds are needed to seal the foil. Before sealing the other end of the foil, add ¾ cup water to the aluminum bag.

Chicken

Place ¾ cup of instant rice on and 18x24" piece of heavy duty foil. Add a chicken breast or 6 oz chicken strips. Cover with 2-3 oz concentrated Cream of Mushroom soup. Add either fresh green peas or fresh green beans to the pack. Fold as above and add 12 oz water before closing.

Pork

Place 3 to 4 slices pineapple on an 18x24" piece of heavy duty foil. Cover with a 5-6 oz piece of pork loin or pork chop. Cover the pork with ½ of a thin sliced sweet potato and a thin sliced carrot. Cover with ¼ cup brown sugar. Fold as above and add 3-4 oz of pineapple juice (or water) before closing completely.

Place foil packs flat on coals for 30 minutes. Use caution when opening.

Can also use fresh mixed vegetables in beef or chicken packs. Do not use canned vegetables as they will disintegrate when steamed.

Cheddar, Ham, and Potato "Stoup" (serves 8)

1 pkg	Potato Cheddar Soup Mix
3 cups	mashed potato flakes
½ cup	powdered milk
10 cups	water
12 oz	canned ham
16 oz	cheddar cheese (chopped or grated)

Mix dry ingredients in large roasting bag. Bring 3-4 qts water to boil. Add 10 cups boiling water to roasting bag. Break up the canned ham and add to roasting bag. Seal bag with twist tie and use a spoon to make sure all powder is wet. CAUTION – Bag will burn you.

Place bag back into the boiling water and allow to simmer for 15-20 minutes. If mix is too thick you can add a bit more water. Serve into bowls and top with grated cheese.

Chicken Noodle Stoup

1 pkg	Chicken Noodle Soup Mix
1 lb	spaghetti (broken into 3-4" pieces or other noodles)
¼ cup	powdered milk
10 cups	water
12 oz	canned chicken

Mix dry ingredients in large roasting bag. Bring 3-4 qts water to boil. Add 10 cups boiling water to roasting bag. Break up the canned chicken and add to roasting bag. Seal bag with twist tie and use a spoon to make sure all powder is wet. CAUTION – Bag will burn you.

Place bag back into the boiling water and allow to simmer for 15-20 minutes. If mix is too thick you can add a bit more water.

Simple Stew

1 lb	hamburger meat
2 medium	potatoes, unpeeled and cut into small pieces
2 Tbsp	minced onion
1 1/4 tsp	salt
1 tsp	instant beef bouillon
2 Tbsp	worcestershire sauce
1 16oz can	diced tomatoes and juice
1 8oz can	cut green beans and juice

Brown hamburger in pot and drain. Add all other ingredients and stir. Cover and cook for 30 minutes, stirring occasionally & serve!