

Foil Packet Recipe Template

This recipe can be made vegan, vegetarian, gluten-free, and/or dairy-free depending on the ingredients you choose.

Allergens: May contain soy, fish, or other allergens depend on the ingredients you choose.



GLUTEN FREE



DAIRY FREE

Ingredients

- Vegetables (suggestions: potatoes or sweet potatoes, zucchini, mushrooms, onion, bell pepper)
- Protein (tempeh, beans, chicken, fish)
- Seasoning (marinade, BBQ blend seasoning, herbs, or spices)

Directions

1. Vegetables: Cut according to cooking time – slice starchy veggies like potatoes or sweet potatoes into thin coins, about ¼ inch thick. Chop high-water veggies like zucchini and bell pepper into large 1+ inch chunks.
2. Protein: Cut into bite-sized pieces. If using tempeh, try steaming it for 10 minutes to reduce bitterness, then marinate in sauce of your choice.
3. Assemble packet: Lay down a 12 x 18 inch piece of heavy duty foil. Place starchy veggies at the bottom, then other veggies and protein, putting meat on top if using. Top with seasoning and/or sauce. If using raw meat or fish, be sure to store packets in airtight containers to prevent cross contamination and wash your hands thoroughly after handling.
4. Prepare a campfire. If possible, wait until the fire is reduced to embers. Use a stick to spread out the embers and nestle the foil packet into the embers.
5. If your fire is still going, place the packets on a grill grate over the fire, out of the flames. Turn every few minutes and flip onto the other side. Cook until protein is fully cooked and vegetables are tender.

Notes

This recipe is intended for camping. However, you can also make this recipe on a grill.

Recipe from [Rustic Meals for Camping, Cookouts or and Home, Spring 2019](#)