

FOIL COOKING RECIPES

Apple Rings

Ingredients:

- Apple, sliced
- Brown sugar
- Grated orange peel
- Margarine

Instructions:

For each serving, place 3-4 thick apple slices in heavy double foil. Sprinkle with brown sugar and grated orange peel. Dot with margarine and seal. Cook over low coals 10-15 minutes.

Baked Bananas (Banana Boats)

Ingredients:

- Bananas
- Chocolate bar squares
- Mini-marshmallows

Optional Ingredients:

- Cinnamon sugar
- Butterscotch chips
- M & M's
- Brown sugar
- Wheat germ

Instructions:

Do not peel the bananas, but cut off the end tips to keep from breaking the foil. Slit the skin on the inside curve and fill with raisins and cinnamon sugar, chocolate or butterscotch chips, M&M's, brown sugar, chocolate bar squares, wheat germ, mini-marshmallows. Place on heavy foil and wrap tightly. Heat over coals 10-15 minutes.

Caramel Apple

Ingredients:

- 1 apple per person,
- 3 caramel cubes per apple

Instructions:

Wash apple. Cut a slice off the top, remove the core, and put the caramels in the hollow. Wrap in foil. Seal good. Cook in hot ashes about 30 minutes.

Cheap Pie

Ingredients:

- 2 slices bread
- margarine
- cinnamon sugar,
- jam or fruit pie filling

Instructions:

Butter two slices of bread, place buttered side down on foil. Spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

Foiled Again Apples

Ingredients:

- Apple, peeled and cored
- 1 T pineapple
- Raisins
- Cinnamon
- Sugar

Instructions:

Place a peeled and cored apple on a double square of heavy foil. Fill center with 1 T crushed pineapple and raisins. Sprinkle generously with cinnamon sugar. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

Barbecue Chicken Packets

Ingredients:

- 4 skinless, boneless chicken breast halves (1 to 1 ¼ lb.)
- 1 cup barbecue sauce
- 1 can (15 ¼ oz.) whole kernel corn, drained OR
- 1 package (10 oz.) frozen whole kernel corn
- ½ cup chopped green bell pepper

Instructions:

Center one chicken breast half on each sheet of Heavy Duty Aluminum Foil. Spoon barbecue sauce over chicken. Top with vegetables. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 12 to 15 minutes.

Complete Meal

Ingredients:

- Meat, seasoned to taste
- Potatoes
- Other vegetables

Instructions:

Cut meat, potatoes, and other vegetables into bite-size pieces. Divide the ingredients into individual portions on pieces of foil. Wrap each portion carefully. Cook in hot ashes about 1 to 2 hours. Serve, in foil.

Foil Baked Fish

Ingredients:

- filleted fish
- onion
- salt & pepper
- lemon
- tomato

Instructions:

Lay out a strip of heavy doubled foil and butter generously. Lay out a filleted fish on the foil. Sprinkle with salt and pepper. Cover with onion rings, lemon slices, tomato slices. Seal tightly with foil and place on a grill over the coals. When steam balloons the foil prick it once. A large filleted fish is ready to eat in 20-30 minutes.

HINT: If your fish tend to be dry, add a can of tomato sauce.

Girl Scout Goulash

Ingredients:

- 1/2 cup of Minute Rice
- canned chicken, beef, or chopped ham
- dried onion flakes
- dry seasoning, or gravy ingredients

Instructions:

Form three (3) sheets of foil into a bowl shape. Put in the bottom, sprinkle and mix dried onion flakes, dry seasoning, or gray ingredients. Add some canned chicken, beef, or chopped ham. Pour in 1/2 cup water. Seal and place on coals for 15 minutes.

Greek Chicken and Vegetables

Ingredients:

- 4 skinless, boneless chicken breast halves (1 to 1 ¼ pounds)
- 2 cups fresh, frozen or 1 can (15 oz.) cut green beans, drained
- 1 can (14 ½ oz.) diced tomatoes with garlic and onion
- 2 teaspoons dried oregano
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 package (4 oz.) crumbled feta cheese

Instructions:

Cut chicken in strips. Combine chicken, green beans, tomatoes, oregano, salt and pepper. Center one-fourth of chicken mixture on each sheet of Heavy Duty Aluminum Foil. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 10 to 14 minutes. Sprinkle with cheese before serving.

Grilled Bean and Rice Burritos

Ingredients:

- 4 (10 to 12 inch) flour tortillas
- 1 can (16 oz.) refried beans
- 1 1/3 cups cooked rice
- 1 1/3 cups shredded Cheddar cheese
- 1 1/3 cups salsa
- ½ cup chopped green onion
- 2 tablespoons fresh cilantro leaves

Instructions:

Tear off four 12-inch sheets of Heavy Duty Aluminum Foil; set aside. Warm tortillas. Spread 1/4 of beans in center of each tortilla. Top each with remaining ingredients. Wrap filling in tortillas burrito-style. Center burritos, seam-side-down on foil sheets. Bring 2 edges of foil together over burrito. Fold foil down, allowing space for heat circulation and expansion. Fold in ends to seal. Place foil packets on 4 to 6 inches from medium-hot coals. Grill, turning once half way through cooking, until heated through and cheese is melted, 12 to 16 minutes.

Ham 'N Green Bean Bake

Ingredients:

- Combine 1 1/3 cups minute rice
- 1 cup diced ham or SPAM
- 1 can (8 oz) drained green beans
- 1/3 cup mayonnaise
- 2 tsp. dry onion flakes

Instructions:

Stir in 1 1/3 cups hot chicken bouillon or chicken soup. Sprinkle with grated Parmesan cheese. Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)

Home Style Chicken Packets

Ingredients:

- 4 skinless, boneless chicken breast halves (1 to 1 ¼ lb.)
- Dijon mustard
- Dried basil leaves
- Paprika
- 2 medium carrots, sliced
- 2 cups sliced fresh mushrooms
- 2 medium zucchini, sliced
- 2 tablespoons margarine or butter

Instructions:

Place one chicken breast half on each sheet of Heavy Duty Aluminum Foil. Spread mustard over chicken; sprinkle with basil and paprika. Top with vegetables; dot with margarine. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 14 to 16 minutes.

Hot Chicken Sandwiches

Ingredients:

- 1 can boned chicken
- 1 cup chopped celery
- 1/4 cup sliced ripe olives
- 1/4 cup shredded jack cheese,
- 1/4 cup mayonnaise

- 1 tsp. dry onion flakes
- hamburger buns

Instructions:

Combine 1 can boned chicken, 1 cup chopped celery, 1/4 cup sliced ripe olives, 1/4 cup shredded jack cheese, 1/4 cup mayonnaise, 1 tsp. dry onion flakes, and spread on hamburger buns. Wrap in double heavy foil and heat over coals 15-20 min.(serves 3-4)

Mountain Melts

Ingredients:

- Rolls (any kind)
- Meat (thinly sliced)
- Cheese (sliced)
- Mustard

Instructions:

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

Oriental Pork Tenderloin Packets

Ingredients:

- 1 pound pork tenderloin, sliced
- 2 cups broccoli florets
- 2 cups thinly sliced carrots
- 1 can (8 oz.) sliced water chestnuts, drained
- 1 medium red bell pepper, cut in strips
- 2 green onions, sliced
- 1/4 cup soy sauce
- 4 teaspoons sesame oil
- 1 teaspoon minced fresh ginger
- Hot cooked rice

Instructions:

Center one-fourth of pork slices, broccoli, carrots, water chestnuts, red pepper and onions on each sheet Heavy Duty Aluminum Foil. Combine soy sauce, sesame oil and ginger; spoon over pork and vegetables. Bring up

sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 14 to 16 minutes. Serve with rice and soy sauce.

Parmigiana Chicken Packets

Ingredients:

- 4 skinless, boneless chicken breast halves
- 1 cup spaghetti sauce
- 2 medium zucchini, sliced
- 1 cup shredded Mozzarella cheese
- 1/4 cup grated Parmesan cheese

Instructions:

Center one chicken breast half on each sheet of Heavy Duty Aluminum Foil. Spoon spaghetti sauce over chicken. Top with zucchini. Sprinkle with cheese. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packets. Repeat to make four packets. Grill 14 to 16 minutes on medium-high in covered grill.

Sauced Dogs

Ingredients:

- 1/2 LB hot dogs
- 1/2 cup cheddar cheese
- 1 hard boiled egg
- 2 Tbs. chili sauce
- 1 Tbs. pickle relish
- 1/2 tsp. mustard
- 1/2 tsp. garlic salt

Instructions:

At home, grind together: 1/2 lb. hot dogs, 1/2 cup mild cheddar cheese. Add 1 chopped hard boiled egg, 2 T. chili sauce, 1 T. pickle relish, 1/2 tsp. mustard, 1/2 tsp. garlic salt. At camp spread this mess, I mean mixture, on buns. Wrap in double heavy foil. Heat on coals 10 min. (serves 3-4)

Shrimp Jambalaya Packets

Ingredients:

- 1 pound peeled and deveined medium uncooked shrimp
- 4 cups cooked rice
- ½ pound smoked sausage, sliced
- 1 can (14 ½ oz.) diced tomatoes with garlic and onions
- 1 medium green bell pepper, chopped
- 4 teaspoons dried Cajun seasoning
- 1 teaspoon hot sauce

Instructions:

Center one-fourth of mixture on each sheet of Heavy Duty Aluminum Foil. Combine shrimp, rice, sausage, tomatoes, green pepper, Cajun seasoning and hot sauce. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 8 to 10 minutes in medium-high coals.

Spicy Pork Chops and Beans

Ingredients:

- 4 bone-in pork chops, ½ inch thick
- 1 can (15 oz.) Great Northern or cannellini beans, rinsed and drained
- 1 cup barbecue sauce
- 1 medium green bell pepper, cubed
- 1 teaspoon chili powder
- ½ teaspoon ground cumin

Instructions:

Center one pork chop on each sheet of Heavy Duty Aluminum Foil. Combine beans, barbecue sauce, green pepper, chili powder and cumin; spoon over pork chops. Bring up sides of foil and double fold. Double fold ends to form a packet, leaving room for heat circulation inside packet. Repeat to make four packets. Grill 10 to 12 minutes.

Turkey Burritos

Ingredients:

- Nonstick cooking spray

- 4 (8-inch) flour tortillas
- ½ pound ground turkey
- 1 can (9 oz.) bean dip
- 1 cup shredded Cheddar cheese
- ¼ cup chopped onion
- ¼ cup chunky salsa
- Sour cream
- Chopped cilantro

Instructions:

Center one tortilla on each sheet of Heavy Duty Aluminum Foil. Combine turkey, bean dip, cheese, onion and salsa. Spoon mixture onto tortillas. Wrap filling in each tortilla, burrito-style; place seam-side down. Grill 18 to 20 minutes. For indirect heat, place the foil packets on the opposite side of grill with no coals or flame underneath. Serve with sour cream and cilantro.

Wieners In Foil

Ingredients:

- wieners
- mustard
- onion
- cheese
- pickle relish

Instructions:

Place wieners in double heavy foil and spread with one or more of the following: Mustard, fine chopped onion, cheese strips, pickle relish. Wrap tightly and cook over coals for 10 min., turning once.

Baked Sliced Potatoes

Ingredients:

- potato
- margarine
- foil
- salt, pepper, garlic salt

Instructions:

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

Cheese Potatoes in a Parcel

Ingredients:

- 1 Med. Potato, peeled and sliced
- 2 oz. Cheese cut in cubes
- 1 slice Bacon, diced
- 3 slices onion, separated into rings
- 1 tbs. Butter or Margarine
- salt, pepper, paprika

Instructions:

Use a double thick piece of heavy duty foil. With a little oil, lay the potatoes on the foil, distributing the slices evenly, and season with a little salt, pepper, and paprika. Scatter the cheese and bacon and onion rings evenly over the potatoes, sprinkle the butter pieces on top. Fold the foil to form a parcel, closing the edges carefully. Cook the cheese potatoes over a charcoal grill for 50 minutes, turning the parcel repeatedly. You can use dried diced onions and dried bacon, but add a few tbs.(4-6) water.

Foiled Onions

Ingredients:

- Large onion
- margarine
- salt & pepper
- bacon
- foil

Instructions:

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

Great Outdoors Potatoes

Ingredients:

- Potatoes
- ¼ cup Olive oil
- 2 teaspoons Lemon juice
- 1 teaspoon Dijon mustard
- ½ teaspoon Corriander
- ½ teaspoon Fresh ground peppper
- 1 teaspoon Minced onion
- 1 Pureed garlic clove
- 1 teaspoon Paprika

Instructions:

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

Rice On The Coals

Ingredients:

- 1 1/2 cups minute rice
- 1 1/2 cups water
- 1 T. margarine
- 1/2 tsp. salt
- dash pepper
- 4 tsp. instant bouillon

Instructions:

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes. serves 4

Sweet, Sweet Potatoes

Ingredients:

- 1 can sweet potatoes

- margarine
- maple flavored syrup

Instructions:

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

Veggies on the Barbie

Ingredients:

- potato
- sweet potato
- corn on cob

Instructions:

Foil wrapped potatoes will take about 45 min.-1 hr. depending on size. Prick the Tatter to keep from exploding. Sweet potatoes, yams, large onions in foil = 45 min.-1 hr. Foil wrapped corn on the cob, 25-45 min. depending on maturity of the corn, not the girl.

Cooking Directions and Times for Different Veggies (Foil Packet)

Cut an 18-inch square of heavy-duty aluminum foil. Place vegetable in center of the foil. Season to taste with salt and pepper. Dot with margarine or butter. Add 1 tablespoon water. Bring up 2 opposite edges of foil and, leaving a little space for expansion of steam, tightly seal top, then seal each end. Place foil packet on cooking grate. Cook Indirect for the time given in the cart, turning packet over once halfway through grilling time. Timings below are for crisp-tender vegetables. If you prefer more tender vegetables, allow longer cooking times

Vegetables	Amount	Approximate Cooking Time
Beans, green and wax (whole)	30	30-35 min.
Broccoli flowerets	1 cup	15-18 min.
Brussels sprouts	1 ½ cups	18-20 min.
Carrots (cut into 1/2-inch slices)	1 ½ cups	15-20 min.
Cauliflower flowerets	2 cups	20-25 min.
Corn on the cob (foil-wrapped)	4 medium ears	25-35 min.
Eggplant (cut into 1-inch slices)	1 small	20-25 min.
Kohlrabi (cut into julienne strips)	1 ½ cups	25-30 min.
Mushrooms (whole or sliced)	1 ½ cups	8-12 min.
Peppers, sweet red, green, or yellow (cut into 1-inch strips)	1 ½ cups	15-20 min.
Potatoes (foil-wrapped)	4 medium	50-60 min.
Yellow summer squash (cut into 1-inch cubes)	1 ½ cups	6-10 min.
Zucchini (cut into 1/2-inch slices)	1 ½ cups	6-10 min