

# 5 EASY FOIL PACKET IDEAS

## 1.) Ground Beef and Veggies Foil Packet Meal

Ingredients:

- 1 pound ground beef (I used 85/15)
- 1 dried onion soup packet
- 3 small russet potatoes, sliced
- 1 large carrot, sliced
- 4 white mushrooms
- 1 cup chopped fresh green beans
- 1/2 of a red onion
- 2 tablespoons olive oil
- 2 teaspoons steak seasoning (such as Kinder's)

Directions:

1. Preheat the oven or grill to 425 degrees.
2. Mix the ground beef with the dried soup packet, and set aside.
3. In a large bowl mix the veggies with olive oil and steak seasoning.
4. To each foil packet, add 1/4 of the veggies, and top with a burger patty.
5. Bake 35 to 40 minutes on the grill or in the oven.

## 2.) Salmon & Asparagus Foil Packet Meal

Ingredients:

- 4 lemons
- 4 salmon fillets (about 4 oz. each)
- 1 tablespoon prepared herbed butter
- bundle of fresh asparagus, cut into thirds
- 2 yellow squash, sliced
- 1 tablespoon olive oil

Directions:

1. Preheat the oven or grill to 425 degrees.
2. Cut a lemon in half. Cut one of the halves into three slices and lay on an 8×12 piece of foil, and lay a piece of fish overtop the lemon slices. Using the other half of the lemon, and squeeze the lemon juice over the top of the fish. Add herbed butter to the top of the fish. Repeat for all 4 packets.
3. Toss the veggies with olive oil and salt and pepper.
4. Divide the veggies among the four foil packets to the side of the fish.
5. Seal each packet and cook for 20-22 minutes on the grill or in the oven until veggies are tender and salmon is flaky.



### 3.) Sausage, Corn, and Potatoes Foil Packet Meal

#### Ingredients:

- 12 oz. package of smoked sausage
- 2 bell peppers
- 1 zucchini
- 1/2 of a red onion
- 3 medium Yukon gold potatoes
- 2 ears of fresh corn
- 3 tablespoons of olive oil
- 1 teaspoon cajun seasoning

#### Directions:

1. Preheat the oven or grill to 425 degrees.
2. Chop veggies and sausage into bite-size pieces, and the corn into thirds or quarters.
3. In a large bowl, toss all with olive oil and seasoning.
4. Assemble packets by first stacking two pieces of tin foil, adding sausage & veggies on top, and sealing it with a top layer of foil, pressing the edges together.
5. Grill for about 18-20 minutes until veggies are crisp-tender.

### 4.) Chicken Fajitas Foil Packet meal

#### Ingredients:

- 1.5 pounds chicken, sliced
- 2 bell peppers, sliced
- 1 onion, sliced
- 1 packet fajita seasoning
- tortillas on the side
- any desired toppings such as avocado, cilantro, sour cream, or lime wedges

#### Directions:

1. Preheat the oven or grill to 425 degrees.
2. To a large bowl, add the sliced peppers, onion, chicken, and olive oil. Toss the fajita seasoning and coat evenly.
3. To an 8x12 piece of foil, add 1/4 of the mixture to each and seal the edges.
4. Place on the grill or the oven for 15-20 minutes until cooked through.
5. Serve with warmed tortillas, sliced avocado, sour cream, and a squeeze of lime.



## 5.) Berry Crisp Foil Packets Dessert

### Ingredients:

- 3 cups fresh berries (I used blackberries, raspberries, and blueberries)
- 1 tablespoon granulated sugar
- 2 cups rolled oats
- 1/2 cup butter, chopped or grated
- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- non-stick oil spray

### Directions:

1. Preheat the oven or grill to 425 degrees.
2. Spray four 8x10 inch pieces of foil with nonstick spray.
3. Combine the berries in one bowl and sweeten them with granulated sugar.
4. In another bowl, combine oats, butter, brown sugar, flour, cinnamon, and salt.
5. For each packet: Spoon a layer of berries onto the middle of the foil, followed by a layer of oat mixture. Repeat with another layer of berries and oats. Place the 2nd piece of foil on top, and seal the ends.
6. Place foil packets on the oven or grill. Cook for about 15-18 minutes until berries are melted and bubbling, and the oatmeal mixture is browned.
7. Serve warm as is, or topped with whipped cream or ice cream.

