One of the many traditions of camping is preparing foil dinners over an open fire. Today we will be preparing four examples of foil cooking (two meals and two desserts) that can be done on charcoal or wood fires, on your gas grill or even in the oven. We will be cooking over charcoal for the demonstration. One of the beauties of foil cooking is that the clean-up is easy, just crunch up the foil (which is both pan and plate) and throw it away.

There are many recipes well beyond the simple meat-and-vegetables type that have been the standard. Today, you can prepare just about anything in foil with meals involving chicken, fish and more. Many great recipes can be found at:

- [https://diyjoy.com/camping-recipes-tin-foil/](https://diyjoy.com/camping-recipes-tin-foil/)
- [https://www.delish.com/cooking/recipe-ideas/g2854/foil-pack-recipes/](https://www.delish.com/cooking/recipe-ideas/g2854/foil-pack-recipes/)

The recipes that we will be prepare are presented here so that you can cook along with us or make them yourselves later. Either way, Bon Appetit!

**Note:** In some cases, you may not have exactly the ingredient listed. Feel free to make a substitution. For example, the recipe may call for kosher salt but if you don’t have that, you may use regular salt. Also, feel free to make substitutions for foods that you don’t like or may be allergic to.

The first recipe goes by many names but is the most basic one for foil cooking.

**Tin Foil Dinner**
Serves 4

**Ingredients:**
- 1 pound ground beef
- 4 potatoes*, peeled and thinly sliced
- 2 cups carrots, thinly sliced
- 1 onion, diced
- Salt and pepper to taste

* The size of the potatoes used depends on the appetite of each person.

**Directions:**
1. Use a large square piece of aluminum foil for each tin foil dinner.
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. Fold foil up tightly around the entire meal.
4. Cook over the coals for 25-30 minutes or until vegetables and meat are cooked through.
5. Open carefully and enjoy!

*Adapted from diyjoy.com*
Sausage and Peppers Foil Pack
Serves 4

Ingredients:
• 8 Italian sausage links
• 4 bell peppers, thinly sliced
• 2 large onions, thinly sliced
• ¼ cup extra-virgin olive oil, divided
• Kosher salt
• Freshly ground black pepper

Directions:
1. Cut 4 sheets of foil about 12-inches long.
2. Grill sausages until charred, 3 minutes per side, then divide among foil. Top with peppers and onions and drizzle each with 1 tablespoon olive oil, then season with salt and pepper.
3. Fold foil packets crosswise over the sausage and peppers mixture to completely cover the food. Roll top and bottom edges to seal closed.
4. Cook over coals under peppers and onions are tender and sausage is cooked, 13 to 15 minutes.

Adapted from Delish.com

Foil Pack Chocolate Marshmallow Banana
Serves 1

Ingredients:
• 1 banana
• 1 handful chocolate chips
• 1 handful mini marshmallows

Directions:
1. Tear a square piece of foil that is about 12-inch by 12-inch.
2. Place peeled banana on foil and slice it lengthwise about 3/4 of the way through. Spread it apart and fill with marshmallows and chocolate chips. Tightly wrap banana in foil.
3. Place wrapped banana on coals for about 5 minutes.
4. Remove from coals, unwrap, and enjoy!

Adapted from Delish.com

Foil Pack Cinnamon Apples
Serves 1

Ingredients:
• ¼ cup brown sugar
• 1 teaspoon ground cinnamon
• 1 dash nutmeg
• 1 granny smith apple, peeled and sliced
• ½ teaspoon butter

Directions:
1. Tear 2 pieces of foil that are about 12-inch by 18-inch and stack them on top of each other.
2. In small bowl, combine brown sugar, cinnamon, and nutmeg, set aside.
3. Place apples on center of foil and sprinkle on mixture using only enough to lightly coat apples. Break up butter over apples. Fold up packet ensuring a tight seal.
4. Place sealed packet on coals for about 30 minutes flipping 2 to 3 times throughout.
5. Remove packet from grill and pierce with knife or fork to allow steam to escape. Unfold packet and enjoy.

Adapted from Delish.com