



## Yield: 1 Serving | Serving Size: 1 packet Cost/serving: \$1.63 Ingredients: Per Person: 1 potato, thinly sliced 1 carrot, thinly sliced 1 small onion, thinly sliced 3 ounces lean ground beef (15% fat or less) 2 teaspoons Italian dressing or assorted spices, salt, and pepper

### **Directions:**

- Use a piece of heavy aluminum foil about a foot square. With shiny side up, put vegetables on foil.
- 2) Top with ground beef shaped into a patty. Season with dressing or spices, salt, and pepper.
- Bring two edges of foil together at top and fold, making two folds. Press edges together and fold it so it will not leak.
- 4) Place folded side up on hot coals for 20 minutes. Use long tongs to turn over. Cook 10 minutes more.
- 5) Eat right out of the package.

#### Variations:

- Cook in oven at 350°F for 30 minutes.
- To microwave, put ingredients into a microwave safe dish instead of aluminum foil. Cook on HIGH 8 to 10 minutes.

# **Nutrition Facts**

1 servings per container Serving size 1 package (390g)

Amount per serving Calories	360
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0.5g	
Cholesterol 60mg	20%
Sodium 220mg	10%
Total Carbohydrate 40g	15%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 3mg	15%
Potassium 606mg	15%

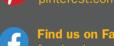
\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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