

## Foil Stew Suggestions

**Your meal needs vegetables! Put some in the stew or prepare them separately. Partially precook potatoes by microwaving for 3-5 minutes**

### **Lemon Ginger Chicken:**

- 1 chicken thigh or boneless breast
- 1 lemon slice
- 1 green onion
- 1 slice, fresh ginger

Layer ingredients on top of chicken and wrap in foil

### **Barbecue Pork and Potatoes**

- Boneless pork chop or loin, cut into bite sized pieces.
- Baby red potatoes or regular potatoes cut into chunks.
- Barbecue sauce.

On the night before the campout, microwave the potatoes for 5 minutes, let cool, and refrigerate in a plastic container.

At the campout: combine single servings of meat, potatoes, and 2 tablespoons barbecue sauce. Spoon onto foil, wrap, and bake.

### **Marinated Tri-Tip**

Cut tri-tip into stew pieces and marinate in a combination of vinegar and teriyaki sauce ( $\frac{1}{2}$  and  $\frac{1}{2}$ ) in the refrigerator overnight. Pre-microwave the potatoes as for the BBQ pork. At the campout: wrap meat and potatoes in foil and bake.

### **Hamburger Stew**

- 1  $\frac{1}{4}$  hamburger patty.
- 1 onion slice.
- 4 round (cross-section) carrot slices.
- 2-3 pieces bell pepper.

Layer vegetables on top of burger patty. Wrap in foil and bake. Bake potatoes and/or corn on the cob separately.