



A Nutrition Resource

MEAL IN A PACKAGE

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:

- 1) 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.
- 3) 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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