

## July 2021 TV Recipes—Foil Pack Beef Recipes

*Planning a weekend trip? We've rounded up some of the best camping recipes. Whether you like roughin' it or you're more of a glamp-er, we've got the perfect recipes for you to keep you well-fed. So, gather 'round the campfire and savor these comforting recipes. OR, if you want a great grilling recipe, with minimal clean-up, give these a try!*

### Foil Packet Beef & Vegetable Meal

*Build a packet with shredded beef, beef sausage and vegetables and cook on the grill. Super easy and fun for the whole family. And... no clean up.*

Total Recipe Time: 30 minutes

Makes 4 servings

- 6 ounces refrigerated fully cooked beef Pot Roast, shredded or fully cooked steak, cubed
- 6 ounces prepared smoked Beef Sausage
- 1 cup butternut squash, diced
- 1 cup zucchini or yellow squash, sliced into ¾-inch pieces and halved
- 2 ears sweet corn, cut in half
- 4 teaspoons vegetable oil
- 2 teaspoons all-purpose seasoning blend, such as Old Bay

1. Combine beef and vegetables in large bowl. Add oil and seasoning; toss to coat.
2. Preheat grill to medium heat (approximately 350°F).
3. Place a 12" x 12" square of heavy-duty aluminum foil down on work surface. Add 1/4 of beef and vegetable mixture to center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close package. Repeat with remaining mixture for a total of 4 packets.
4. Grill for 10 to 12 minutes until vegetables are tender.

**Cook's Tip:** Packets can also be prepared in a 350°F oven. Bake for 10 to 12 minutes.

**Nutrition information per serving, 4:** 360 Calories; 216 Calories from fat; 24g Total Fat (8.6 g Saturated Fat; 0.3 g Trans Fat; 3.3 g Polyunsaturated Fat; 4.7 g Monounsaturated Fat;) 75 mg Cholesterol; 841 mg Sodium; 16.5 g Total Carbohydrate; 2.6 g Dietary Fiber; 20 g Protein; 0 mg Calcium; 2.4 mg Iron; 440 mg Potassium; 0.1 mg Riboflavin; 3.2 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 0.9 mcg Vitamin B<sub>12</sub>; 143 mg Phosphorus; 3.2 mg Zinc; 12 mcg Selenium; 61.5 mg Choline. This recipe is an excellent source of Protein, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, Vitamin B<sub>6</sub>, Phosphorus, and Choline.

### Butter Garlic Herb Steak Foil Packets

*The foil packs have melt-in-your-mouth beef with hearty veggies that are grilled to perfection with butter that has garlic and herbs inside. This is one amazing meal that you don't want to miss out on!*

Total Recipe Time: 30-35 minutes

Makes 4 servings

- 1 ½ pounds Beef Top Sirloin Steak, cut into 1-inch cubes
- 1 pound small red potatoes, quartered
- 2 carrots, sliced
- 1 red bell pepper, cubed
- 1 green bell pepper, cubed
- ½ red onion, cubed
- Salt and pepper
- 1 tablespoon olive oil

#### Garlic Herb Butter:

- ½ cup butter, room temperature
- ¼ cup freshly chopped parsley



- 4 garlic cloves, minced
- 1 teaspoon fresh rosemary, chopped
- 1 teaspoon fresh thyme, chopped
- ½ teaspoon salt
- ¼ teaspoon pepper

1. In a medium sized bowl add the potatoes, carrots, red and green peppers, and red onion. Season with salt and pepper and toss with olive oil.
2. Place four 18x12-inch pieces of heavy aluminum foil on counter. Evenly place vegetable mixture on each piece of foil. Top vegetables with steak.
3. To make the garlic herb butter: In a small bowl add the butter, parsley, garlic, rosemary, thyme, salt and pepper. Divide evenly and place on top of the steak. Double fold top and ends of each piece of foil, leaving space for steam to gather.
4. Place packets on the grill and cover. Grill 15-20 minutes or until steak is cooked through and veggies are tender, flipping ½ way through cooking. Carefully open packets and serve.

Recipe courtesy of [The Recipe Critic](#).

## Asian Grilled Beef Ribs

*Beef Back Ribs are marinated in an Asian mix and grilled to perfection in this flavorful recipe.*

Recipe Time: 2 hours 30 minutes

Makes 6 servings

- 5 pounds beef Back Ribs

### Marinade:

- 1/2 cup ketchup
- 1/3 cup Dijon-style mustard
- 1/3 cup hoisin sauce
- 1/4 cup finely chopped jalapeno pepper
- 2 tablespoon minced ginger
- 2 tablespoons water
- 2 tablespoons packed brown sugar
- Chopped fresh cilantro (optional)



1. Combine ketchup, mustard, hoisin, jalapeño pepper, ginger and water in small bowl; whisk until blended. Reserve 1/2 cup marinade for basting; add brown sugar and set aside.
2. Place beef Ribs in shallow pan or extra large food safe plastic bag; add remaining marinade. Turn to coat. Cover pan tightly or close bag securely; marinate ribs in refrigerator 1 to 4 hours, turning occasionally. Remove ribs from marinade; discard marinade.
3. Prepare charcoal grill for indirect cooking by igniting an equal number of charcoal briquets on each side of fire grate, leaving open space in the center. When coals are medium, ash-covered (25 to 30 minutes), add 3 to 4 new briquets to each side. Position cooking grid with handles over coals so additional briquets may be added when necessary.

***Cook's Tip:** Add 3 to 4 additional briquets to each side of fire grate every 30 minutes or as necessary to maintain proper heat during grilling.*

4. Place ribs, meat side up, in large (16-1/8 x 11-3/4 x 2-7/8 inches) foil roasting pan; cover tightly with aluminum foil. Place foil pan on cooking grid; cover with grill lid and grill over medium heat 1 to 1-1/2 hours or until ribs are fork-tender. Carefully remove roasting pan from grill; remove ribs from pan and place, meat side up, on grill rack. Baste ribs with reserved marinade; grill, covered, 10 to 15 minutes, turning and basting occasionally.
5. Sprinkle ribs with cilantro, if desired. Serve with Asian greens and vegetables.

**Nutrition information per serving:** 520 Calories; 322.2 Calories from fat; 35.8g Total Fat (15.8 g Saturated Fat; 0 g Trans Fat; 1.7 g Polyunsaturated Fat; 17.3 g Monounsaturated Fat;) 106 mg Cholesterol; 779 mg Sodium; 17 g Total Carbohydrate; 0.2 g Dietary Fiber; 30 g Protein; 3.2 mg Iron; 423 mg Potassium; 6.6 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.6 mcg Vitamin B<sub>12</sub>; 6.5 mg Zinc; 30.2 mcg Selenium; 105.2 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, and Choline.

## Grilled Cajun Chuck Roast with Spicy Cheddar Grits

A savory roast is sealed in foil with a can of diced tomatoes before cooking over indirect heat on the grill. The results are fork-tender and oh so delicious.

Recipe Time: 3 hours

Makes 6 servings

- 1 beef Shoulder, Arm or Blade Roast Boneless (about 2-1/2 pounds)
- 2 tablespoons Cajun seasoning blend
- 1 can (14-1/2 ounces) diced tomatoes with onion, undrained
- 1 tablespoon all-purpose flour
- Shredded sharp Cheddar cheese

### Grits:

- 1 cup quick-cooking grits
- 1 quart water
- 1/2 teaspoon salt
- 1/2 cup shredded sharp Cheddar cheese
- 1/8 to 1/4 teaspoon ground red pepper



1. Press Cajun seasoning evenly onto all surfaces of beef roast. Place two 24 x 18-inch pieces of heavy-duty aluminum foil on top of each other in shallow roasting pan; place roast in center of foil. Bring up all sides of foil forming a bag and so no liquid can leak out; do not seal. Combine tomatoes and flour in small bowl; pour evenly over surface of pot roast. Seal top and sides of bag with double fold.
2. Prepare grill for indirect cooking by igniting an equal number of charcoal briquets on each side of the fire grate, leaving open space in center. When coals are medium, ash-covered (about 25 to 30 minutes), add 3 to 4 new briquets to each side. Place aluminum foil drip pan in center of grate between coals. Position cooking grid with handles over coals, so briquets may be added as needed.

**Cook's Tip:** To prepare on gas grill, preheat grill according to manufacturer's directions for medium indirect heat. Place pot roast on grid as directed above. Grill, covered, 2 to 2-1/2 hours or until pot roast is fork-tender.

3. Remove foil bag from pan and place in center of grid over drip pan. Grill, covered, 2 to 2-1/2 hours or until roast is fork-tender. (Add 3 to 4 briquets per side every 30 minutes to maintain heat.)
4. Meanwhile prepare grits. Cooks grits in water with salt according to package directions. Add 1/2 cup cheese and red pepper; stir until cheese melts; keep warm.
5. Remove foil packet to clean shallow pan. Using oven mitts, cut packet open with sharp knife. Carefully fold back top of packet allowing steam to escape. Remove roast; keep warm. Skim fat from cooking liquid.

**Cook's Tip:** When checking roast for tenderness, open foil bag carefully so it can be resealed if further grilling is needed.

6. Carve roast into slices; serve with cooking liquid and grits. Sprinkle cheese over grits, as desired.

**Nutrition information per serving:** 381 Calories; 126 Calories from fat; 14g Total Fat (6 g Saturated Fat; 4 g Monounsaturated Fat;) 95 mg Cholesterol; 1101 mg Sodium; 27 g Total Carbohydrate; 0.9 g Dietary Fiber; 36 g Protein; 4.8 mg Iron; 5.1 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 3.2 mcg Vitamin B<sub>12</sub>; 6.9 mg Zinc; 36.8 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Vitamin B<sub>6</sub>.

# Campfire Steak and Potatoes Foil Packs

Going camping? These foil packs can be assembled ahead of time and transported in a cooler to your campsite!

Recipe Time: 35-40 minutes

Makes 4 servings

- 1 pound Flat Iron steak, cubed
- 1 pound baby yellow potatoes, quartered
- 1 medium white onion, sliced
- 2 carrots, peeled and chopped
- 3 tablespoons olive oil
- 2 tablespoons minced garlic
- 2 teaspoons onion powder
- 2 teaspoons dried oregano
- 2 teaspoons dried parsley
- ½ teaspoon ground black pepper
- 1 teaspoon salt
- Heavy-duty foil



1. Place all ingredients in a bowl and toss to combine.
2. Place an 18" x 12" sheet of heavy-duty aluminum foil down on a flat surface. Add 1/4 of the beef and vegetable mixture to the center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close the package. Repeat with remaining mixture for a total of 4 packets. (If cooking on a campfire, wrap foil packs with a second layer of foil to prevent bursting)

## **CAMPFIRE INSTRUCTIONS**

1. Build and start a fire inside a fire ring or other metal structure.
2. Place a grate over the fire, directly above the flame.
3. Place foil packs on hot grate with tongs.
4. Cook for 20-25 minutes, flipping halfway through until steak is cooked to a minimum internal doneness of 145°F and potatoes are fork-tender.

## **OVEN INSTRUCTIONS**

1. Preheat the oven to 425°F.
2. Place foil packs on a baking sheet and bake for 20-25 minutes, until steak is cooked to a minimum of 145°F internal doneness and potatoes are fork-tender.

***Nutrition information per serving:** 412 Calories; 192.11 Calories from fat; 21.85 g Total Fat (5.46 g Saturated Fat; 0.38 g Trans Fat; 2.12 g Polyunsaturated Fat; 11.61 g Monounsaturated Fat;) 74.84 mg Cholesterol; 624.37 mg Sodium; 27.48 g Total Carbohydrate; 3.78 g Dietary Fiber; 2.71 g Total Sugars; 24.84 g Protein; 0 g Added Sugars; 116.96 mg Calcium; 4.43 mg Iron; 527.30 mg Potassium; 0 IU Vitamin D; 0.32 mg Riboflavin; 4.33 mg Niacin; 0.49 mg Vitamin B6; 5.93 mcg Vitamin B12; 248.41 mg Phosphorus; 8.66 mg Zinc; 36.10 mcg Selenium; 121.52 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Vitamin B6, Zinc, Phosphorus, Selenium, Choline and a good source of Dietary Fiber and Potassium.*

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# Campfire Steak Fajita Foil Packs.

Recipe Time: 30 minutes

Marinate Time: 6 hours to overnight

Makes 8 servings; 2 tacos per serving

- 2 lbs. Skirt Steak, trimmed
- 1 large yellow onion, sliced
- 1 bell pepper, any color, sliced
- 16 6-inch flour tortillas

## MARINADE:

- ½ cup Italian dressing
- ½ cup apple cider vinegar
- ½ cup soy sauce
- 1/3 cup Worcestershire sauce
- 1/3 cup brown sugar
- 2 tablespoons lime juice
- Dash of garlic powder or fresh garlic, crushed

## FAJITA SEASONING:

- 1 ½ teaspoon chili powder
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon cumin
- Heavy-duty foil

1. Make Marinade. Combine Italian dressing, vinegar, soy sauce, Worcestershire, brown sugar, lime juice, and garlic. Add steaks and marinade to a glass dish or plastic bag. Marinate steaks in the refrigerator 6-8 hours or overnight.
2. Remove steak from marinade, discarding the remaining liquid. Slice steak at an angle, across the grain, into ¼-inch thick strips.
3. Mix together fajita seasoning. Combine onion and bell pepper in a bowl with fajita seasoning.
4. Place an 18" x 12" sheet of heavy-duty aluminum foil down on a flat surface. Add 1/8 of steak and vegetable mixture to the center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close the package. Repeat with remaining mixture for a total of 8 packets. (If cooking on a campfire, wrap in a second layer of foil to prevent bursting)

## CAMPFIRE INSTRUCTIONS

1. Build and start a fire inside a fire ring or other metal structure.
2. Place foil packs on hot grate with tongs.
3. Cook for 15-20 minutes, flipping halfway through until steak is cooked to a minimum of 145°F internal doneness and vegetables are tender.
4. Serve with tortillas and condiments of your choice.

## OVEN INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Place foil packs on a baking sheet and bake for 15-20 minutes, until steak is cooked to a minimum of 145°F internal doneness and vegetables are tender.
3. Serve with tortillas and condiments of your choice.



*Nutrition information per serving: 442 Calories; 161 Calories from fat; 17.84 g Total Fat (6.28 g Saturated Fat; 0.51g Trans Fat; 1.38 g Polyunsaturated Fat; 5.45 g Monounsaturated Fat;) 72.57 mg Cholesterol; 1261.33 mg Sodium; 39.50 g Total Carbohydrate; 2.91 g Dietary Fiber; 30.94 g Protein; 22.03 mg Calcium; 2.39 mg Iron; 414.64 mg Potassium; 0.35 mg Riboflavin; 10.78 mg Niacin; 0.58 mg Vitamin B6; 2.89 mcg Vitamin B12; 195.03 mg Phosphorus; 7.24 mg Zinc; 27.65 mcg Selenium; 58.90 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium and a good source of Iron, Phosphorus, and Choline.*