

August 2026 TV Recipes—Foil Pack Meals

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.

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 B₆; 3.2 mcg Vitamin B₁₂; 6.9 mg Zinc; 36.8 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Vitamin B6.

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 $\frac{3}{4}$ -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 $\frac{1}{4}$ 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 B₆; 0.9 mcg Vitamin B₁₂; 143 mg Phosphorus; 3.2 mg Zinc; 12 mcg Selenium; 61.5 mg Choline. This recipe is an excellent source of Protein, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Vitamin B6, Phosphorus, and Choline.

Campfire Cajun Sausage and Pepper Foil Packs

Smoky Cajun sausage, tender baby potatoes, and crisp peppers tossed in garlic and spices, all sealed in foil for an easy campfire or oven dinner. Ready in 25 minutes, and clean-up is a breeze.

Total Recipe Time: 25 minutes

Makes 4 servings

- 13 oz. smoked, fully-cooked beef sausage, cut into $\frac{1}{2}$ -inch slices
- 1 lb. baby red potatoes, quartered
- 1 green bell pepper, sliced into 1-inch strips
- 1 red bell pepper, sliced into 1-inch strips
- 1 medium white onion, sliced
- 3 garlic cloves, minced
- 2 Tbsp. olive oil
- 1 Tbsp. Cajun seasoning
- Heavy-duty foil



Preparation

1. Add red potatoes, bell peppers, and onion to a medium-sized bowl. Toss vegetable mixture in olive oil, garlic, and Cajun seasoning.
2. Place an 18"x12" sheet of heavy-duty aluminum foil on a flat surface. Add $\frac{1}{4}$ of the vegetable mixture to the center of the foil. Top vegetables with $\frac{1}{4}$ of the sliced sausage. 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. Place a grate over the fire, directly above the flame. Place foil packs on hot grate with tongs.
2. Cook for 20-25 minutes, flipping halfway through until potatoes are fork-tender and sausage is warmed through.

Oven Instructions:

1. Preheat oven to 425°F. Place foil packs on a baking sheet and bake for 20-25 minutes, until potatoes are fork-tender and sausage is warmed through.

Nutrition information per serving: 459 Calories; 278.6 Calories from fat; 31.1g Total Fat (11 g Saturated Fat; 0 g Trans Fat; 0.8 g Polyunsaturated Fat; 4.93 g Monounsaturated Fat;) 60 mg Cholesterol; 763.7 mg Sodium; 27.13 g Total Carbohydrate; 3.19 g Dietary Fiber; 18.3 g Protein; 2.54 mg Iron; 741.94 mg Potassium; 2.81 mg Niacin; 0.42 mg Vitamin B6; 0 mcg Vitamin B12; 0.59 mg Zinc; 0.35 mcg Selenium; 25.28 mg Choline. This recipe is an excellent source of Protein, Vitamin B6, and a good source of Dietary Fiber and Iron. Recipe courtesy of BeefLovingTexans.com.

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. Place a grate over the fire, directly above the flame. Place foil packs on hot grate with tongs. 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. 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. Recipe courtesy of BeefLovingTexans.com.

Campfire Steak Fajita Foil Packs.

Skip the skillet and make dinner over the coals: marinated Skirt Steak, peppers and onions sealed in foil and cooked right on the grate for juicy, smoky fajitas. Serve with warm tortillas and your favorite toppings for easy tailgate or campfire grub.

Recipe Time: 30 minutes

Marinate Time: 6 hours to overnight

Makes 8 servings; 2 tacos per serving

- 2 pounds 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. Place foil packs on hot grate with tongs. Cook for 15-20 minutes, flipping halfway through until steak is cooked to a minimum of 145°F internal doneness and vegetables are tender. Serve with tortillas and condiments of your choice.

Oven Instructions:

1. Preheat the oven to 425°F. 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. 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. Recipe courtesy of BeefLovingTexans.com.

Hamburger Hobo Packets

Need an easy and fun dinner idea? Try these Hamburger Hobo Packets. Toss together and pop onto the grill for a tasty meal. Or, take them on-the-go on the next camping excursion.

Recipe Time: 60 minutes

Makes 6 servings

- 2 pounds Ground Beef
- 2 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon kosher salt
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper
- ¼ cup water

For assembly:

- 1 ½ pounds Yukon gold potatoes, small
- 12-ounce bag frozen sliced carrots
- 1 tablespoon olive oil
- ½ teaspoon garlic powder
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- 1 large sweet onion, sliced
- 6 Tablespoons salted butter, cut into tablespoons



1. Mix the ground beef, ketchup, Worcestershire sauce, onion powder, garlic powder, salt, paprika, pepper and water in a large bowl until well combined and set aside.
2. Mix the potatoes, carrots, olive oil, garlic powder, salt, and pepper in a large bowl until well combined.
3. Lay out (6) 18×12 sheets of foil (use heavy-duty foil if you can) and spray with nonstick cooking spray. Add 1/6th of the potato and carrot mixture into the center of each foil packet. Divide the meat mixture into 6 patties and place one on top of the vegetables. Evenly distribute the onion slices on top of the burgers. Add 1 tablespoon of butter on top of each one. Crimp and secure each packet well so no air can escape.
4. Preheat the grill to 400°F (medium-low to low heat). Once at 400°F, add the packets to the grill and shut the top. Cook until the burgers reach 160°F and the vegetables are tender, about 30-40 minutes.

Nutrition information per serving: Calories: 471kcal, Carbohydrates: 33g, Protein: 36g, Fat: 22g, Sodium: 906mg, Fiber: 5g, Sugar: 8g

Recipe courtesy of [The Country Cook](http://TheCountryCook.com).

Wisconsin Beef Council
957 Liberty Dr, Ste 201
Verona, WI 53593
800-728-BEEF

