



Campfire Stew

Ingredients:

- 1 pound lean ground beef
- 2 cups coarsely chopped potatoes
- 2 cups whole kernel corn (fresh, frozen, or canned and rinsed)
- 1 cups fresh carrots, diced
- 1 cup fresh or frozen peas
- 1/4 cup coarsely chopped onions
- Salt and pepper to taste

Instructions:

- 1). Lay 4 large squares of aluminum foil on the counter.
- 2). Spray with non-stick spray.
- 3). Divide ground beef into 4 equal balls. Flatten into the center of the tin foil.
- 4). Cover with potatoes and other veggies, using ¼ cup of each on the 4 patties. Season to taste with salt and pepper.
- 5). Fold foil to the center and seal the sides.
- 6). Place foil packets on the campfire grill, or into a pre-heated 375 °F oven.
- 7). Cook until the beef reaches an internal temperature of 160 °F, approximately 25-30 minutes in oven, 30-45 minutes on a moderate grill.

YIELD: 4 individual servings

- Serve directly out of foil packets for a camping meal - with a fruit salad and whole grain roll or cornbread.
- Sprinkle with reduced-fat, grated cheese or hot low-fat beef gravy before serving.

Getting kids cooking:

- Kids can help to wash and chop veggies.
- Kids can make their own special 'stew' by choosing their favorite veggies.
- Talk with children about how to be food safe, with washing hands and measuring temperatures.

Nutrition Analysis

Serving: 1/4 recipe	Total Carb: 38.9 g
Calories: 373	Dietary Fiber: 5.6 g
Total Fat: 12.2 g	Sodium: 290 mg
Calories from Fat: 29.4%	Protein: 28.4 g
Saturated Fat: 4.74 g	Calcium: 42.7 mg
Trans Fat: 0 g	Iron: 3.7 mg

Source:

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