



A Nutrition Resource

# MEAL IN A PACKAGE

**Yield: 1 Serving | Serving Size: 1 packet**

**Cost/serving: \$3.72**

## 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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