



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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This Institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This work is supported by the Expanded Food and Nutrition Education Program (EFNEP) from the USDA National Institute of Food and Agriculture. USDA is an equal opportunity provider, employer, and lender. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



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