

FOIL COOKING

ENCHILADAS OR QUESADILLA

GLUTEN FREE OPTIONS

Ingredients:

- 2 Tortillas per camper (Corn for GF)
- 2 lbs shredded cheddar or Mexican cheese
- Salsa and sour cream.
- Optional: chopped onion, sliced olives, tomatoes, black beans

Equipment:

- Tongs
- Aluminum foil
- Can opener if using canned beans, olives
- Charcoal briquettes
- Charcoal chimney
- Paper or fire starter
- Pot holders

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. On a 12x18 inch piece of foil, center a tortilla. Sprinkle cheese and any optional ingredients in middle third of tortilla.
3. For Enchilada, Roll up tortilla and place seam side down on foil. Make one more Enchilada and place next to the first one on the foil. Close foil as instructed on first page.
4. For Quesadilla, place second tortilla on top of first tortilla. Close foil as instructed.
5. Place foil packets on grill and surround with hot coals using tongs.
6. Cook for about 10 min or until cheese melts, turning packet half way through cooking.
7. When cheese is melted, remove from coals with tongs. Top with salsa and sour cream if desired.

FOIL COOKING

BANANA BOATS

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- 12 Bananas
- 12 oz package chocolate chips (Enjoy Life Dairy free if needed)
- ½ lb mini marshmallows

Equipment:

Tongs
Aluminum foil
Charcoal briquettes
Charcoal chimney
Paper or fire starter
Pot holders

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Peel back one section of banana peel. Hollow out a section of banana for filling.
3. Place chips and marshmallows into hollowed out section. Replace peel.
4. Tear off a 12x12 piece of foil.
5. Wrap banana in foil. Continue wrapping other bananas in foil.
6. Place foil packets on grill and surround with hot coals using tongs.
7. Cook for about 10 min or until chocolate melts, turning packet half way through cooking.
8. When melted, remove from coals with tongs. Let cool, unwrap and enjoy

FOIL COOKING

HOT DOGS

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- Hot Dogs
- Hot Dog buns (GF if needed)
- Condiments: ketchup, mustard, pickle relish

Equipment:

- Tongs
- Aluminum foil
- Charcoal briquettes
- Charcoal chimney
- Paper or fire starter
- Pot holders

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Tear off a 12x12 inch piece of foil. Wrap hot dog in foil. Continue wrapping other hot dogs in foil.
3. Place foil packets on grill and surround with hot coals using tongs.
4. Cook for about 10 min or until hot dog is warm, turning packet half way through cooking.
5. Remove from coals with tongs. Let cool, unwrap place in hot dog bun. Top with condiments.

FOIL COOKING

KABOBS

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- 3 lbs precooked meat (Ham, beef or chicken chunks)
- 8 C vegetables (onions, bell peppers, zucchini, mushrooms, cherry tomatoes)
- 2 C Italian Salad dressing (GF, DF if needed)

Equipment:

Tongs
Aluminum foil
Charcoal briquettes
Charcoal chimney
Paper or fire starter
Pot holders
Sharp Knife
Cutting board
Mixing bowl
Mixing spoon

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Cut vegetables into 1 inch chunks.
3. Place vegetables and meat in bowl with Salad Dressing. Stir to mix.
4. Tear off a 12x18 inch piece of foil.
5. Wrap Meat and vegetables in individual packets of foil. Read instructions on first page to fold foil correctly.
6. Place foil packets on grill and surround with hot coals using tongs.
7. Cook for about 20 min or until everything is warm, turning packet half way through cooking.
8. Remove from coals with tongs. Let cool, unwrap and enjoy.

FOIL COOKING

SUGAR CONE S'MORES

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- 1 sugar cone ice cream cone per camper (GF if needed)
- ¼ C mini marshmallows
- ¼ C chocolate chips (Enjoy Life DF if needed)

Equipment:

Tongs
Aluminum foil
Charcoal briquettes
Charcoal chimney
Paper or fire starter
Pot holders

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Tear off a 12x12 inch piece of foil.
3. Fill Cone with marshmallows and chocolate chips. Wrap cone in foil Read instructions on first page to fold foil correctly.
4. Place foil packets on grill and surround with hot coals using tongs.
5. Cook for about 2-3 min or until everything is melted, turning packet half way through cooking.
6. Remove from coals with tongs. Let cool, unwrap and enjoy.

FOIL COOKING

MEATBALLS

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- 3 lbs precooked meatballs (GF if needed)
- 2x 1oz packets of onion soup mix (GF, DF if needed)
- 6 Carrots
- 6 potatoes
- 1 T Water

Equipment:

Tongs
Aluminum foil
Charcoal briquettes
Charcoal chimney
Paper or fire starter
Pot holders
Sharp Knife
Cutting board
Mixing bowl
Mixing spoon

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Slice vegetables very thinly.
3. Place vegetables and meatballs in bowl with soup mix and water. Stir to mix.
4. Tear off a 12x18 inch piece of foil.
5. Wrap Meat and vegetables in individual packets of foil. Read instructions on first page to fold foil correctly.
6. Place foil packets on grill and surround with hot coals using tongs.
7. Cook for about 30 min or until everything is warm, turning packet half way through cooking.
8. Remove from coals with tongs. Let cool, unwrap and enjoy.

FOIL COOKING

BAKED APPLE POCKETS

GLUTEN FREE, DAIRY FREE OPTIONS

Ingredients:

- 12 Apples
- 3 C Raisins
- 2 C Sunflower seeds
- 1 bag mini marshmallows
- 1 stick butter (DF if needed)
- 1 small container of Honey

Equipment:

Tongs
Aluminum foil
Charcoal briquettes
Charcoal chimney
Paper or fire starter
Pot holders
Sharp knife
Cutting board

1. Prep 10-15 briquettes in charcoal chimney (see first page instructions)
2. Tear off a 12x18 inch piece of foil.
3. Cut up one apple
4. Put apple $\frac{1}{4}$ C raisins, $\frac{1}{8}$ C sunflower seeds, $\frac{1}{4}$ C mini marshmallows, and a slice of butter into foil packet. Drizzle honey over ingredients. Read instructions on first page to fold foil correctly.
5. Place foil packets on grill and surround with hot coals using tongs.
6. Cook for about 10 min or until everything is melted and warmed, turning packet half way through cooking.
7. Remove from coals with tongs. Let cool, unwrap and enjoy.