



Bison and Vegetable Packet

Makes 4 servings | Protein • Vegetables

Ingredients

- 4 medium potatoes, thinly sliced
- 8 large mushrooms, sliced (optional)
- 4 large carrots, thinly sliced
- 2 large celery sticks, sliced
- 1 medium onion, sliced
- 1-2 pounds thawed ground bison (or beef, chicken, veal, lamb, turkey)
- 1 cup barbecue sauce
- Salt and pepper, to taste
- Aluminum foil

Directions

1. Wash hands with soap and warm water for 20 seconds.
2. Divide vegetables between 4 sheets of aluminum foil (12x18-inches each). Place vegetables in center and add beef. Top with barbecue sauce, salt and pepper, as desired.
3. Wrap each packet by folding the up the sides. Pinch the foil together and fold over to close. Fold the foil over again to double fold the top and repeat on both ends to seal. Leave room for heat to circulate inside.
4. Cook packets using one of the following methods:
 - To bake in the oven, place packets on a baking sheet. Bake at 450°F for 20-30 minutes.
 - To bake in an electric skillet, heat skillet to 400°F. Use a cooking rack in the bottom of the skillet. Pour ½ inch of water into the skillet. Place the packets on the rack. Cover and close the steam vent. If you do not have a rack, make your own with aluminum foil. Form foil into a long snake about 1 inch thick. Form into a coil to fit in the skillet. Place the packets on top of the coil.
5. For grilling, heat grill to medium-high or 400-450°F. Place packets on grates for 15 minutes.
6. Packets are done when the meat reaches an internal temperature of 160°F (165°F for chicken, duck and turkey). When done cooking, carefully open packets to allow steam to escape.



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyoocnp.org/wrir/>

1-877-219-4646 | <https://uwyoocnp.org/> | cnp-info@uwyo.edu