



FOIL PACKET CHICKEN AND VEGGIES

Ingredients

2 boneless, skinless chicken breasts or thighs from Carson Valley Meats, cut into chunks

2 bell peppers, sliced

1 onion, sliced

2 zucchinis, sliced

2 tbsp olive oil

Salt, pepper, and your favorite seasoning blend (we like Heart Rock Herb and Spice Co. All Purpose Salt Free Seasoning)

Method

At home:

1. Raw chicken should not be removed from the packaging unless you're going to cook it in one or two days. We suggest storing your chicken breasts in their original packaging, sealed inside a resealable freezer bag to prevent any drips or leaks.

Prep and store vegetables:

1. Slice bell peppers and place them in an air-tight container.
2. Sliced onions may be purchased at the grocery store or slice them and place them in a separate air-tight container.
3. Slice the zucchini and place it in an air-tight container or resealable freezer bag lined with a paper towel.

At the campsite:

1. Lay out four large pieces of aluminum foil.
2. Divide chicken and veggies evenly among the foil pieces.
3. Drizzle with olive oil and season with salt, pepper, and seasoning blend.
4. Fold the foil into packets, sealing the edges tightly.
5. Cook over the campfire or on a grill for 20-25 minutes, or until chicken is fully cooked.