Potatoes & Other Vegetables

Quick and easy side dishes to love!

Potato & Vegetable Cooking Tips

- *Potatoes and other starchy vegetables may stick to foil, so spray the foil with a nonstick vegetable spray before adding these foods, or purchase nonstick foil.*
- *It takes longer to cook large pieces of potatoes or other vegetables. To speed up cooking time, cut vegetables into smaller cubes or thin slices.*
- *For faster cooking, use canned vegetables in place of fresh or frozen ones.*
- *Frozen vegetables add moisture to a foil pack. If additional moisture is desired, add 1 or 2 ice cubes.*
- *Bend foil edges up and crimp them slightly before adding liquid ingredients to foil packs. Then seal tightly to hold in liquids*
- *When cooking in foil packs, it is usually best to add fresh cheese after cooking, unless otherwise directed.*
- *Leave the peel on vegetables that lose their shape when cooked, such as zucchini or eggplant.*
- *When cooking a variety of vegetables in one foil pack, allow enough time for those vegetables that require the longest cooking time.*
- *It is convenient to combine dry ingredients and seasonings in a ziplock baggie at home before leaving on a camping trip rather than packing each individual ingredient.*
- *Fresh potatoes should be sliced just before cooking to prevent browning. Most other vegetables can be sliced ahead of time.*

Basic Potatoes in Foil

Makes 2 to 4 servings

2 large potatoes
1 to 2 medium onions
Salt and pepper
Garlic powder
2 T. butter, cut into pieces

Directions

Cut 1 piece of heavy-duty foil 15″ long. Spray foil with nonstick vegetable spray. Peel and slice the potatoes. Cut onions into small pieces. Place potatoes and onions on foil. Sprinkle with salt, pepper and garlic powder to taste. Arrange pieces of butter over vegetables. Wrap foil around vegetables in a tent pack.

Cooking Methods



Preheat oven to 375°. Place foil pack on a baking sheet and bake for 30 to 40 minutes or until potatoes are tender.



Place double-wrapped foil pack on medium embers and cook for 20 to 30 minutes or until potatoes are tender. Turn pack over several times during cooking.



Preheat grill to medium heat. Place foil pack on the grill over direct heat, close lid and cook for 15 to 25 minutes or until potatoes are tender. Turn pack over several times during cooking.

Variations

- Use 4 large potatoes and substitute 1 package dry onion soup mix for the onions and seasonings. Layer half the potatoes, some butter and half the onion soup mix on sprayed foil. Make a second layer of all three ingredients, wrap in foil and cook as directed.
- Before serving, sprinkle grated Cheddar or mozarella cheese on top of hot potatoes and let cheese melt.

Herbed New Potatoes

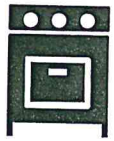
Makes 8 servings

⅓ C. olive oil
2 lbs. new potatoes
½ medium yellow onion or sweet Spanish onion
½ tsp. dried rosemary
¾ tsp. salt
½ tsp. pepper
Pinch of cayenne pepper

Directions

Cut 8 (10˝) pieces of heavy-duty foil. Brush each piece with olive oil. Wash and slice the potatoes about ¼˝ thick. Place an equal portion of sliced potatoes on each piece of foil. Slice the onion into rings about ¼˝ thick. Separate the rings and place an equal portion on top of the potatoes in each pack. Sprinkle vegetables with rosemary, salt, pepper and cayenne pepper. Crimp foil edges enough to hold in liquids. Drizzle vegetables with remaining olive oil. Wrap foil in a tent pack around each serving.

Cooking Methods



Preheat oven to 400°. Place foil packs on a baking sheet and bake for 25 to 35 minutes or until potatoes are tender.



Place double-wrapped foil packs on medium embers and cook for 15 to 20 minutes or until potatoes are tender. Turn packs over several times during cooking.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 15 to 25 minutes or until potatoes are tender. Turn packs over several times during cooking.

Variations

- Combine ingredients into a single large foil pack and add 4 cloves finely chopped garlic with the other seasonings. Before serving, sprinkle ½ cup shredded Parmesan cheese on hot potatoes.
- To make Lemony New Potatoes, omit onions, rosemary leaves and cayenne pepper. Place all potatoes on 1 large piece of foil, crimping edges enough to hold in liquids. Sprinkle with ½ teaspoon celery salt, 1 teaspoon dillweed, salt and pepper. Drizzle remaining olive oil on top. Mix ¼ cup lemon juice with ¼ cup water. Pour the liquid over potatoes and seal tent pack well before cooking. Increase cooking time slightly.

Mushroom-Stuffed Hash Browns

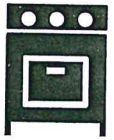
Makes 2 servings

4 frozen hash brown potato patties
Soft margarine
Seasoned salt
1 (4 oz.) can mushrooms, drained

Directions

Cut 1 piece of heavy-duty foil large enough to hold all 4 hash brown patties. Spread margarine on both sides of 2 hash brown patties. Place them side by side on the foil, margarine side up. Spread drained mushrooms over the patties. Sprinkle seasoned salt on top. Spread margarine on both sides of the remaining hash brown patties and place them on top, sandwich style. Wrap foil in a flat pack.

Cooking Methods



Preheat oven to 400°. Place foil pack on a baking sheet. Bake for 15 to 20 minutes or until hash browns are soft and heated through.



Place double-wrapped foil pack on medium embers and cook for 10 to 20 minutes or until hash browns are soft and heated through. Turn pack over once during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 12 to 18 minutes or until hash browns are soft and heated through. Turn pack over once during cooking.

Variations

- Place thinly sliced onions or green bell peppers between hash brown patties before cooking.
- Place sliced processed cheese on top of hot hash browns just before serving.

Southwestern Potato Pack

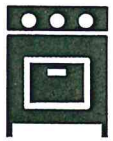
Makes 4 servings

4 medium potatoes
1 medium onion, thinly sliced
1 tsp. seasoned salt
½ tsp. chili powder
¼ tsp. ground cumin
1 (4.5 oz.) can chopped green chilies, undrained
1 C. shredded Cheddar cheese
Salsa
Chopped fresh cilantro
Sour cream

Directions

Cut 1 piece of foil large enough to hold all the vegetables. Spray foil with nonstick vegetable spray. Peel and cut the potatoes into ½" cubes. Place the sliced onions on the foil. Arrange potatoes on top of onions. In a small bowl, combine the seasoned salt, chili powder and cumin. Sprinkle spice mixture over potatoes. Spoon the chopped green chilies on top. Wrap foil around vegetables in a tent pack and cook as directed. After potatoes are cooked, open the pack and sprinkle with shredded Cheddar cheese. After cheese melts, serve potatoes with salsa, cilantro and sour cream.

Cooking Methods



Preheat oven to 450°. Place foil pack on a baking sheet and bake for 25 to 35 minutes or until potatoes are tender.



Place double-wrapped foil pack on medium-hot embers and cook for 20 to 30 minutes or until potatoes are tender. Turn pack over several times during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 15 to 25 minutes or until potatoes are tender. Turn pack over several times during cooking.

Variation

- Make quick Tex-Mex Potatoes by replacing the seasoned salt, chili powder and cumin with ½ envelope dry taco seasoning. Mix the seasoning into the potatoes before wrapping in foil.

Easy Cheesy Potatoes and Peas

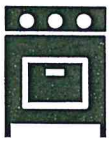
Makes 4 servings

4 medium potatoes
1 (10 oz.) pkg. frozen peas
½ tsp. pepper
1 (16 oz.) jar pasteurized processed cheese sauce

Directions

Wash and cut the potatoes into ¼″ slices. Cut 4 (18″) pieces of heavy-duty foil. Spray foil pieces with nonstick vegetable spray. Place an equal portion of sliced potatoes on each piece of foil. Top with an equal portion of peas. Sprinkle pepper on top. Spoon desired amount of cheese sauce over vegetables in each pack. Wrap foil in a tent pack around each serving.

Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 25 to 35 minutes or until potatoes are tender.



Place double-wrapped foil packs on medium-hot embers and cook for 15 to 25 minutes or until potatoes are tender. Rotate packs several times during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 8 to 15 minutes or until potatoes are tender. Rotate packs several times during cooking.

Variation

- For a main dish, add 12 ounces fully-cooked, cubed ham to mixture before wrapping in foil. Increase cooking time slightly.

Potato and Zucchini Medley

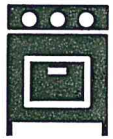
Makes 6 to 8 servings

1 onion, peeled and quartered
12 baby new potatoes, scrubbed and quartered
4 medium zucchini, cut into 1" chunks
2 T. olive oil
2 cloves garlic, sliced
1 tsp. dried rosemary
½ tsp. paprika
1 tsp. salt
½ tsp. pepper

Directions

In a large bowl, combine the quartered onions, potatoes and zucchini. Drizzle with olive oil and toss until evenly coated. Add sliced garlic, rosemary, paprika, salt and pepper; stir well. Cut 1 piece of heavy-duty foil large enough to wrap around all the vegetables. Spray foil with nonstick vegetable spray and place vegetables on top. Wrap foil around vegetables in a tent pack.

Cooking Methods



Preheat oven to 425°. Place foil pack on a baking sheet and bake for 20 to 25 minutes or until potatoes are tender.



Place a grate on top of the fire close to the hot coals. Cook foil pack on grate for 18 to 25 minutes or until potatoes are tender. Rotate pack several times during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 15 to 25 minutes or until potatoes are tender. Rotate pack several times during cooking.

Variation

- Use a peeled and thinly sliced sweet potato and ½ pound fresh green beans in place of the zucchini. Add a sprig of fresh thyme.

Broccoli Casserole

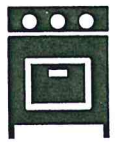
Makes 4 servings

6 C. broccoli florets
1 (10.75 oz.) can cream of mushroom soup
¼ C. mayonnaise
1 T. Worcestershire sauce
Salt and pepper
½ C. shredded Cheddar cheese
⅔ C. dry, seasoned bread stuffing mix

Directions

Cut 1 piece of wide heavy-duty foil 24″ long. Spray foil with nonstick vegetable spray. Place broccoli in the middle of foil. Crimp foil edges enough to hold in liquids. In a small bowl, combine the soup, mayonnaise, Worcestershire sauce, salt and pepper; mix well. Pour mixture over broccoli. Sprinkle cheese over broccoli and top with stuffing mix. Wrap foil around broccoli in a tent pack.

Cooking Methods



Preheat oven to 450°. Place foil pack on a baking sheet and bake for 18 to 24 minutes or until broccoli is tender.



Place double-wrapped foil pack on medium-hot embers and cook for 10 to 20 minutes or until broccoli is tender. Turn pack several times during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 10 to 14 minutes or until broccoli is tender. Turn pack several times during cooking.

Variation

- Substitute cauliflower florets for the broccoli or use a combination of the two vegetables.

Citrus Broccoli and Carrots

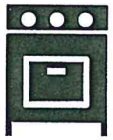
Makes 6 to 8 servings

¼ C. orange marmalade
½ tsp. salt
1½ C. baby carrots
6 C. broccoli florets
1 (11 oz.) can mandarin oranges, drained
¼ C. cashews

Directions

In a large bowl, mix orange marmalade with salt. Cut each carrot in half lengthwise. Add the carrots and broccoli to marmalade mixture and stir well to coat. Cut 1 piece of wide heavy-duty foil 24″ long. Spray foil with nonstick vegetable spray. Place vegetable mixture in the middle of the foil piece. Wrap foil around vegetables in a tent pack. Cook as directed. After cooking, open pack and stir in mandarin oranges. Sprinkle cashews on top before serving.

Cooking Methods



Preheat oven to 450°. Place foil pack on a baking sheet and bake for 15 to 20 minutes or until vegetables are tender.



Place double-wrapped foil pack on medium embers and cook for 8 to 15 minutes or until vegetables are tender. Rotate pack several times during cooking.



Preheat grill to medium-high heat. Place foil pack on the grill over direct heat, close lid and cook for 8 to 12 minutes or until vegetables are tender. Rotate pack several times during cooking.

Variation

- Sprinkle cooked vegetables with toasted slivered almonds or pine nuts in place of the cashews.

Artichokes and Carrots

Makes 6 servings

8 carrots
1 (15 oz.) can artichoke hearts
Juice of 1 lemon
1 T. sugar
¼ C. butter, melted
2 T. chopped parsley
1 tsp. salt
Pepper

Directions

Peel carrots and cut them into strips. Drain artichoke hearts and cut each into 4 pieces. In a small bowl, combine lemon juice, sugar, melted butter, parsley, salt and pepper. Stir to mix well. Cut 6 (12″) squares of heavy-duty foil. Place equal portions of the carrots and artichokes on each piece. Crimp edges of foil enough to hold in liquids. Pour an equal portion of the butter mixture over vegetables. Wrap foil in a tent pack around each serving.

Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 20 to 30 minutes or until carrots are tender.



Place double-wrapped foil packs on medium embers for 18 to 25 minutes or until carrots are tender. Rotate pack several times during cooking.



Preheat grill to medium heat. Place foil packs on the grill over direct heat, close lid and cook for 15 to 25 minutes or until carrots are tender. Rotate pack several times during cooking.

Variation

- Substitute asparagus spears for the artichoke hearts.

Candied Carrots

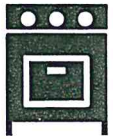
Makes 5 to 6 servings

¾ C. brown sugar
1 T. ground cinnamon
1 T. sugar
Pinch of salt
1 (1 lb.) pkg. baby carrots
2 to 3 T. butter or margarine

Directions

In a medium bowl, combine the brown sugar, cinnamon, sugar and salt; mix well. Cut 1 piece of heavy-duty foil large enough to wrap around all the carrots. Spray foil with nonstick vegetable spray. Place carrots on foil. Sprinkle sugar mixture on carrots and arrange pieces of butter on top. Wrap foil around carrots in a tent pack.

Cooking Methods



Preheat oven to 375°. Place foil pack on a baking sheet and bake for 20 to 25 minutes or until carrots are tender.



Place double-wrapped foil pack on medium embers and cook for 12 to 20 minutes or until carrots are tender. Rotate pack several times during cooking.



Preheat grill to medium heat. Place foil pack on the grill over direct heat, close lid and cook for 12 to 18 minutes or until carrots are tender. Rotate pack several times during cooking.

Variation

- Make Honeyed Carrots by sprinkling 2 tablespoons brown sugar over plain carrots on the foil. Drizzle with 2 tablespoons honey and top with 2 tablespoons butter.

Corn on the Cob

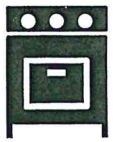
Makes 4 servings

4 ears sweet corn
4 T. butter or margarine, softened
Salt, optional

Directions

Peel back husks and remove silk from the sweet corn but leave a few layers of husk attached. Rinse corn with cool water. Spread the butter or margarine on the corn. Sprinkle with salt, if desired. Fold corn husks back over the corn and wrap each piece tightly in 1 piece of heavy-duty foil. After cooking as directed, carefully unwrap foil and peel off the husks.

Cooking Methods



Preheat oven to 375°. Place foil-wrapped corn on a jellyroll pan and bake for 20 to 30 minutes or until corn is tender. Turn occasionally during cooking.



Wrap each piece of corn in another sheet of foil, and twist it at each end to make a 2-handled pack. Bury wrapped corn in medium embers for 15 to 30 minutes or until corn is tender.



Preheat grill to medium heat. Place wrapped corn on the grill over indirect heat, close lid and cook for 15 to 25 minutes or until corn is tender. Turn occasionally during cooking.

Variations

- Before wrapping, sprinkle corn with Cajun seasoning or garlic powder.
- Substitute butter-flavored spray, butter substitute sprinkles and garlic powder for the butter and salt.
- Corn husks may be completely removed before cooking. Brush the corn with butter and/or seasonings, set 2 ice cubes on top and wrap the ears together in 1 foil pack. Cook a bit longer than directed.
- For a spicy kick, combine ½ cup melted butter with 2 tablespoons Dijon mustard, 1 tablespoon minced fresh parsley, 2 teaspoons prepared horseradish, ½ teaspoon salt and pepper to taste. Brush the mixture over the corn, wrap and cook as directed.

Asian Asparagus

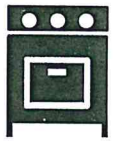
Makes 3 to 4 servings

2 T. olive oil or sesame oil
Dash of cayenne pepper
1 tsp. brown sugar
2 tsp. soy sauce
1 lb. fresh asparagus spears, trimmed

Directions

In a medium bowl, combine the olive oil, cayenne pepper, brown sugar and soy sauce. Add the asparagus and toss together until well coated. Cut 1 piece of foil large enough to wrap around asparagus. Spray foil with nonstick vegetable spray. Crimp foil edges enough to hold in liquids. Place coated asparagus on foil. Wrap foil around asparagus in a tent pack.

Cooking Methods



Preheat oven to 375°. Place foil pack on a baking sheet and bake for 15 to 20 minutes or until asparagus is tender.



Place double-wrapped foil pack on warm embers and cook for 10 to 15 minutes or until asparagus is tender. Rotate pack several times during cooking.



Preheat grill to medium heat. Place foil pack on the grill over direct heat, close lid and cook for 15 to 20 minutes or until asparagus is tender. Rotate pack several times during cooking.

Variations

- Add minced garlic to taste. Before serving, sprinkle with toasted sesame seeds.
- This recipe can also be grilled in an open foil pack on an outdoor grill. Wrap 2 layers of foil around the bottom of a baking dish, crimping edges to make a sturdy foil pan. Remove baking dish. Place asparagus in foil pan and cook uncovered for 10 to 15 minutes or until crisp tender. Use long tongs to turn asparagus during cooking.
- Cook plain asparagus with 2 tablespoons butter or margarine in a foil pack but omit the other seasonings. Prepare a mustard cream sauce to serve over the cooked asparagus. In a microwave-safe bowl, combine 1 cup sour cream with 2 tablespoons red wine vinegar, ¼ cup Dijon mustard, 2 teaspoons sugar and ⅛ teaspoon crushed red pepper flakes. Microwave on high for 1½ minutes or until warm. Drizzle over cooked asparagus.

Cauliflower with Spicy Cheese Sauce

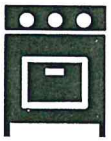
Makes 4 servings

4 C. cauliflower florets
4 oz. pasteurized processed cheese sauce
1 tsp. hot pepper sauce
¼ tsp. crushed red pepper flakes, optional

Directions

Cut 1 piece of foil large enough to wrap around all the cauliflower. Spray foil with nonstick vegetable spray. Place cauliflower pieces in the center of foil. In a small bowl, mix the cheese sauce, hot pepper sauce and red pepper flakes. Spread cheese sauce over the cauliflower. Wrap foil around cauliflower in a tent pack.

Cooking Methods



Preheat oven to 450°. Place foil pack on a baking sheet and bake for 20 to 30 minutes or until cauliflower is tender.



Place double-wrapped foil pack on medium-hot embers and cook for 8 to 15 minutes or until cauliflower is tender. Rotate pack several times during cooking.



Preheat grill to medium heat. Place foil pack on the grill, close lid and cook for 8 to 15 minutes or until cauliflower is tender. Rotate pack several times during cooking.

Variation

- Omit cheese sauce, hot pepper sauce and red pepper flakes. Combine cauliflower with ½ cup sun-dried tomatoes, 3 tablespoons olive oil, 2 cloves minced garlic and 1 teaspoon dried basil. Place on foil, sprinkle ⅓ cup grated Parmesan over vegetables and add 4 ice cubes to the pack before sealing. Cook as directed.