



## Beef Patty Foil Pack Meal



Makes 4 servings

### Ingredients

- nonstick cooking spray
- 1 pound extra-lean (97% lean) ground beef, formed into 4 patties
- 1 cup minced onion
- 4 medium potatoes, peeled and thinly sliced
- 2 large carrots, peeled and thinly sliced

You will also need:

- 4 sheets aluminum foil, long enough to fold over

### Directions

1. Preheat oven to 375 F. Tear off 4 sheets of foil, about as large as the baking sheet.
2. Spray the first sheet of foil with nonstick cooking spray. Place a beef patty in the center of the foil. Add ¼ cup diced onion and ¼ of the potato and carrot slices.
3. Bring the short ends of the foil together and roll them down, leaving some space between the food and foil. Then repeat with remaining ends of the foil. Place foil pack on baking sheet. Repeat until you have prepared all beef patties.
4. Bake for 45 to 60 minutes, until the center of the beef patties reach 155 F.
5. Serve warm.



MAIN DISH



### TIP

Dividing the ground beef into four equal parts will ensure cooking time for each foil pack is the same. You can use a clean jar lid or cookie cutter to help you form the patties if needed.

♥ = heart smart

⊗ = low sodium

GF = gluten free

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for more healthful recipe ideas.

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### Nutrition Facts

Serving Size 1 foil pack (338g)  
Servings Per Container 4

Amount Per Serving

**Calories 270**    **Calories from Fat 30**

% Daily Value\*

**Total Fat 3.5g**    **5%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 70mg**    **23%**

**Sodium 100mg**    **4%**

**Total Carbohydrate 33g**    **11%**

Dietary Fiber 4g    **16%**

Sugars 4g

**Protein 29g**

Vitamin A 120%    •    Vitamin C 50%

Calcium 6%    •    Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	25g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 2