

INGREDIENTS

- 1 lb Boneless, Skinless Chicken Breast, cubed
- 2 Onions, diced
- 8 oz Mushrooms, sliced
- 1 Yellow Bell pepper, sliced
- 1 Red Bell Pepper, sliced
- 4 cloves Garlic, minced
- 4 small potatoes, cubed
- ¼ cup Olive Oil
- 1 Lemon, juiced

DIRECTIONS

1. In a large bowl or plastic bag, combine chicken, onions, mushrooms, yellow bell pepper, red bell pepper, garlic and potatoes. Pour in olive oil and lemon juice and mix well.
2. Evenly divide mixture into 4 sheets of foil. Top each with an additional piece of foil and roll up the edges tightly. Wrap each pack once more in a sheet of foil so they are double wrapped.
3. Cook in the hot coals of a campfire until chicken is opaque and potatoes are tender, about 40 minutes.

Tips:

You can make the packs ahead of time at home and store in a cooler until ready to cook while camping!



Campfire Chicken and Veggies

Dairy-Free | Gluten Free | High Protein

Yield:
4 Servings

Prep Time:
15 Min

Cook Time:
40 Min

NUTRITION FACTS

Calories:
437 kcal

Fat:
16 g

Carbohydrate:
44 g

Fiber:
7 g

Protein:
33 g