

# Meal In A Bundle

Marion Butler

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 pounds lean chuck beef,  
cut into one-inch cubes  
6 medium potatoes, in large  
pieces  
6 tablespoons chopped  
onion  
6 carrots, cut in one-inch  
pieces  
1/2 cup chopped parsley  
2 cans (10-1/2 ounce ea)  
golden mushroom soup  
1/2 cup water  
salt (to taste)  
pepper (to taste)  
extra mushrooms (optional)*

Cut six eighteen-inch-squares of aluminum foil. Portion the beef, potatoes, onion, carrots, parsley and mushrooms equally among the six foil squares. Add extra mushrooms, if desired. Season the bundles to taste. Portion the water and soup over the top.

Pull up the corners of the foil and twist at the top to close.

Place the bundles on a grill, two inches above the gray coals. Cook for approximately one hour.

Serve in the foil.

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Per Serving (excluding unknown items): 798 Calories; 2g Fat (2.0% calories from fat); 21g Protein; 182g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 217mg Sodium. Exchanges: 9 Grain(Starch); 10 Vegetable.