

I'm a fan of steam packets.

I'm not sure if that is the name, but it is the name I give to this type of cooking. It is ideal for cooking for 1 and could be used to cook a variety of food for those fussy eaters. I'm not sure why I never used this much when my kids were young. I only remember doing it for fish. This is food wrapped in foil that gives you all you need for 1 meal. I guess you could put two meals in one packet, but much more than that makes it hard to turn.

Steam packet one

1 or 2 Turkey sausage (brat size) – Too much fat from a regular sausage for this.

1 small onion diced

1 small-medium potato diced

1 medium carrot sliced or diced

Salt/Pepper

2 tablespoons of your favorite salsa

wrap all ingredients in foil – Crimp edges well so it doesn't leak too much.

cook in Frying pan over medium heat or on a grill at medium heat or in the oven at 325 degrees (on a cookie sheet). Cook for about 30 minutes. When using Grill or frying pan flip over at 15-20 minutes. Slice open packet, if sausage is not done just cook until it is.

More to come (or look back at the fish recipe) ☐