

Kennolyn Foil Stew

Ingredients

- Aluminum Foil
- 1 large potato per two people.
- 1 carrot per person
- 1 lb ground meet for 4 people or meat substitute (Beyond Meet Crumbles)
- 15 oz Tomato sauce
- 1 onion per 4 people
- 1 celery stick per person
- Salt, pepper, Tabasco to taste
- 1 finely chopped clove of garlic
- Other, non-standard issue Kennolyn ingredients to add to your foil stew at home:
 - Italian Seasoning or basil, oregano, sage
 - Mexican Seasoning or chili flakes, cilantro, lime juice



Directions

1. Build a fire – bigger than usual (or for those without a fire, preheat oven to 375)
2. Wash your hands
3. Cut up your veggies
4. Tear off 1' long piece of foil & fashion into a bowl or bottom of a box. If you're creative and want to make a tin foil sculpture then tear off more
5. Toss your veggies in, add sauce, and seasonings – good to put meat on bottom
6. Now ask yourself, am I messy, neat, creative? Then crumple, fold, or fashion foil into a bird as your personality suits you
7. Once fire burns down, spread out coals evenly, better to have even heat of coals than burning flame
8. Let cook for 45-60 min depending on how good your coals are (or if you're using an oven!)
9. Remove with a shovel, tongs, or hot mit
10. Put on your plate, carefully open, and enjoy

