



FOIL PACKET DINNERS

One packet per camper — everyone builds their own,
nothing to wash.

Recipes that work when your phone doesn't.

dragonflysupply.com

© 2026 Dragonfly Supply. All rights reserved. For personal, non-commercial use.

Chicken, Peppers & Rice Foil Packets

Prep 10 min · Cook 20 min · Serves 1 packet per person

Chicken, onions, peppers, and rice sealed in foil and cooked on the coals. Precook the chicken and it's a foolproof first-trip dinner with nothing to wash.

INGREDIENTS

- Heavy-duty foil (2 sheets per packet)
- 1 boneless chicken thigh or breast per packet (precooked is easiest — see notes)
- 1/2 onion, sliced
- 1/2 bell pepper, sliced
- A handful of instant or already-cooked rice
- A splash of water or broth
- Oil or butter
- Salt, pepper, and seasoning to taste

METHOD

- 1 Heavy-duty foil (2 sheets per packet)
- 2 1 boneless chicken thigh or breast per packet (precooked is easiest — see notes)
- 3 1/2 onion, sliced
- 4 1/2 bell pepper, sliced
- 5 A handful of instant or already-cooked rice
- 6 A splash of water or broth
- 7 Oil or butter
- 8 Salt, pepper, and seasoning to taste
- 9 Slice precooked chicken, or cut raw chicken into thin strips on doubled heavy-duty foil.
- 10 Layer onion, pepper, rice, and chicken. Splash of water or broth, butter, and seasoning.
- 11 Assemble and seal — [full foil-packet method](/field-notes/how-to-cook-foil-packet-meals).
- 12 Cook 15–20 min on coals at the edge, foil tail up, flipping once halfway.
- 13 Puffed up tight means hot through. If the chicken went in raw, cut-and-peek — clear juices, no pink. Re-seal and give it more if needed. Pull packets with [campfire tongs](/gear/camping-shovel).

Full recipe & tips: dragonflysupply.com/recipes/chicken-foil-packets

Chinese-Style Foil-Wrapped Chicken (the campfire version of a pupu-platter classic)

Prep 1 hr 10 min · Cook 20 min · Serves 1 packet per person (or share as a starter)

The paper-wrapped chicken from the old pupu platter, brought back to the fire — chicken marinated in soy, sesame, ginger, and five-spice, sealed in foil and cooked on the coals.

INGREDIENTS

- Heavy-duty foil (2 sheets per packet)
- Boneless, skinless chicken thighs, cut into 2-bite pieces (about 1 thigh per packet — thighs stay juicy, breast dries out)
- Soy sauce
- Oyster sauce
- Sesame oil
- A little sugar or honey
- Chinese five-spice
- Fresh ginger, grated
- Garlic, minced
- Scallions, sliced
- A splash of dry sherry or Shaoxing wine (optional)

METHOD

- 1 Heavy-duty foil (2 sheets per packet)
- 2 Boneless, skinless chicken thighs, cut into 2-bite pieces (about 1 thigh per packet — thighs stay juicy, breast dries out)
- 3 Soy sauce
- 4 Oyster sauce
- 5 Sesame oil
- 6 A little sugar or honey
- 7 Chinese five-spice
- 8 Fresh ginger, grated
- 9 Garlic, minced
- 10 Scallions, sliced
- 11 A splash of dry sherry or Shaoxing wine (optional)

- 12 Marinate ahead, at home: whisk together the soy and oyster sauce, sesame oil, sugar, five-spice, ginger, garlic, scallions, and the splash of sherry. Toss the chicken in it and let it sit — an hour minimum, overnight is better. This is the perfect thing to do the night before and keep cold in the cooler.
- 13 At camp, spoon a few pieces of chicken and a little marinade onto doubled heavy-duty foil per packet — small envelopes, don't overfill.
- 14 Assemble and seal — [full foil-pocket method](/field-notes/how-to-cook-foil-pocket-meals) covers the dome-of-air seal, coals not flames, and the flip.
- 15 Cook 15–20 min on coals at the edge, foil tail up as a handle, flipping once halfway. Count them going in.
- 16 Pull out by the foil tail with [campfire tongs](/gear/camping-shovel). When the packet's puffed, cut-and-peek — raw chicken went in, so no pink. Re-seal and give it more if needed.
- 17 Open it carefully and lean in — that first hit of five-spice and sesame steam is the whole reason you made it.

Full recipe & tips: dragonflysupply.com/recipes/chinese-foil-wrapped-chicken

Ground Beef Foil Packets (the hobo dinner)

Prep 10 min · Cook 20 min · Serves 1 packet per person

The simplest campfire dinner there is — ground beef, frozen veggies, and potatoes sealed in foil and cooked on the coals. No pans, nothing to wash.

INGREDIENTS

- Heavy-duty foil (2 sheets per packet)
- 1/3 lb ground beef per packet
- A big handful of frozen mixed vegetables per packet
- A handful of frozen diced potatoes per packet (or a small potato sliced thin)
- 1/2 onion, sliced (optional)
- A pat of butter or a splash of oil
- Salt, pepper, and whatever seasoning your crew likes

METHOD

- 1 Heavy-duty foil (2 sheets per packet)
- 2 1/3 lb ground beef per packet
- 3 A big handful of frozen mixed vegetables per packet
- 4 A handful of frozen diced potatoes per packet (or a small potato sliced thin)

- 5 1/2 onion, sliced (optional)
- 6 A pat of butter or a splash of oil
- 7 Salt, pepper, and whatever seasoning your crew likes
- 8 Pat the beef into a thin patty or break it into small chunks on doubled heavy-duty foil. Pile frozen veggies and potatoes on top, onion if you want it, then butter and seasoning.
- 9 Assemble and seal — [full foil-pocket method](/field-notes/how-to-cook-foil-pocket-meals) covers the dome-of-air seal, coals not flames, and the flip.
- 10 Cook 15–20 min on coals at the edge, a long foil tail sticking up as a handle, flipping once halfway. Count them going in.
- 11 Pull out by the foil tail with [campfire tongs](/gear/camping-shovel). When the packet's puffed, peek at the beef — no pink left. Re-seal and give it a few more minutes if it needs it.
- 12 Eat straight from the foil. Nothing to wash.

Full recipe & tips: dragonflysupply.com/recipes/ground-beef-foil-packets

Pineapple Chicken Foil Packets (Hawaiian-Style Camp Dinner)

Prep 15 min · Cook 20 min · Serves 4

Sweet-and-smoky pineapple chicken foil packets for camp: chicken, pineapple, and peppers sealed in foil and cooked on the coals. Easy and kid-approved.

INGREDIENTS

- 1.5 lbs boneless skinless chicken (thighs or breast), cut bite-size
- 1 can (20 oz) pineapple chunks, drained — or fresh pineapple
- 1 red bell pepper, cut in chunks
- 1/2 red onion, cut in chunks
- 1/2 cup BBQ sauce (or teriyaki)
- 1 tbsp oil
- Salt and pepper
- Cooked rice, to serve (optional)
- Heavy-duty foil

METHOD

- 1 At home (optional but easy): cook the chicken through, so camp is just heat-and-eat — the same trick we use on our [chicken foil packets](/recipes/chicken-foil-packets). Going in raw is fine too; it just needs a little longer on the coals.

- 2 Tear 4 big sheets of heavy-duty foil. Divide the chicken, pineapple, pepper, and onion among them. Drizzle each with BBQ or teriyaki sauce and a little oil; season with salt and pepper.
- 3 Fold each into a sealed packet — [full foil-packet method](/field-notes/how-to-cook-foil-packet-meals) covers the dome-of-air seal, coals not flames, and the flip.
- 4 Set the packets on a bed of coals (not open flame), about 10–15 minutes, flipping once. They're ready when the packet puffs up and the sauce is bubbling. If your chicken went in raw, give it 15–20 and check it's cooked through before serving.
- 5 Open carefully — the steam is hot. Spoon over rice if you like, or eat straight from the foil.

Full recipe & tips: dragonflysupply.com/recipes/pineapple-chicken-foil-packets

Shrimp Foil Packets (rice, onions & zucchini)

Prep 10 min · Cook 12 min · Serves 1 packet per person

Shrimp, rice, onions, and zucchini sealed in foil and cooked on the coals in about ten minutes. The fastest campfire dinner there is, with nothing to wash.

INGREDIENTS

- Heavy-duty foil (2 sheets per packet)
- A good handful of shrimp per packet, peeled (thawed if frozen)
- 1/2 onion, sliced
- 1 small zucchini, sliced
- A handful of instant or already-cooked rice
- A splash of water or broth
- A good pat of butter (shrimp loves butter)
- Salt, pepper, garlic, and a little lemon if you've got it

METHOD

- 1 Heavy-duty foil (2 sheets per packet)
- 2 A good handful of shrimp per packet, peeled (thawed if frozen)
- 3 1/2 onion, sliced
- 4 1 small zucchini, sliced
- 5 A handful of instant or already-cooked rice
- 6 A splash of water or broth
- 7 A good pat of butter (shrimp loves butter)

- 8 Salt, pepper, garlic, and a little lemon if you've got it
- 9 Layer rice, onion, and zucchini on doubled heavy-duty foil, then shrimp on top. Splash of broth, butter, season, lemon if you have it.
- 10 Assemble and seal — [full foil-packet method](/field-notes/how-to-cook-foil-packet-meals).
- 11 Cook 8–12 min on coals at the edge, foil tail up, flipping once. Shrimp overcook fast — don't wander off.
- 12 Pull out by the foil tail with [campfire tongs](/gear/camping-shovel). Pink and opaque shrimp means done; gray and translucent means wait.

Full recipe & tips: dragonflysupply.com/recipes/shrimp-foil-packets

More camp recipes, honestly told.

Find every recipe — breakfast to dessert — at dragonflysupply.com/recipes

From one camping family to another. Written by Brian Diamond — former Cubmaster and Assistant Scoutmaster, decades of real family camping with an Eagle Scout son.

© 2026 Dragonfly Supply · dragonflysupply.com

These recipes are free for your personal, non-commercial use. Please don't republish or redistribute the file — link to the site instead so others get the latest version.