Sandwiches

Beyond the burger – simply great sandwiches!

Sandwich Cooking Tips

- *Hamburger patties cooked in foil will not brown well or become crisp on the outside since they are cooked by steam. Don't be alarmed, as the beef will still lose most of its pink color when fully cooked.*

- *The safest way to check for doneness is to use a quick-read meat thermometer. The thermometer should be inserted horizontally into the side of ground meat patties to check internal temperatures.*

- *Be careful not to overcook meat. If a foil pack is placed on coals that are too hot, the meat can become crusty and tough.*

- *Double-wrap sandwiches that will be cooked directly in a campfire.*

- *If the sandwich ingredients are pre-cooked before wrapping in foil packs, heat the packs just until sandwich fillings are hot.*

- *When using flour tortillas, warm them until they are soft and pliable before rolling them around sandwich fillings. You may wrap tortillas flat in a piece of foil and warm them with low heat using an oven, campfire or grill. They may also be placed on a paper plate or wrapped in paper towels and warmed for a few seconds in a microwave oven.*

Pizza Burger

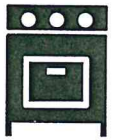
Makes 4 servings

1 lb. lean ground beef
1 egg
¼ C. grated Parmesan cheese
¼ C. finely chopped onion
½ tsp. dried basil
½ tsp. dried oregano
½ tsp. dried rosemary
¼ tsp. fennel seeds, optional
Salt and pepper, optional
4 slices provolone
4 English muffins
¼ to ½ C. prepared pizza sauce

Directions

In a large bowl, combine meat, egg, Parmesan cheese, onion, basil, oregano, rosemary, fennel seeds, salt and pepper. Shape mixture into 4 equal-sized patties, about ¾″ thick. Cut 4 (14″) pieces of heavy-duty foil. Wrap foil around each patty in a flat pack. While patties cook, toast the English muffins in a toaster or on a grill. After cooking the patties as directed, open the foil and set 1 slice of cheese on top of each patty. Meanwhile, spread some pizza sauce on each muffin half. Remove each patty from foil and place between a pair of toasted muffin halves.

Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 20 minutes or until hamburger is fully cooked.



Place double-wrapped foil packs on hot coals and cook for 8 to 15 minutes or until hamburger is fully cooked. Turn packs over once during cooking.



Preheat grill to medium heat. Place foil packs on the grill over direct heat, close lid and cook for 12 to 18 minutes or until hamburgers are fully cooked. Turn packs over once during cooking.

Variations

- Substitute shredded or sliced mozzarella cheese for the provolone.
- Serve on hamburger buns instead of English muffins.
- Omit the English muffins and serve burgers alone as the main dish, placing a large spoonful of warmed pizza sauce on top of the cheese.

Zippy Hot Ham and Cheese Sandwiches

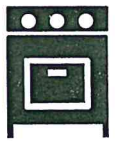
Makes 4 servings

3 T. butter, softened
1½ T. prepared horseradish mustard
1 T. minced onions
½ tsp. poppy seeds
½ tsp. dillseed
4 hamburger buns
4 slices Swiss cheese
8 thin ham slices

Directions

In a small bowl, combine butter, mustard, onions, poppy seeds and dillseed. Spread an equal amount of the butter mixture on insides of each bun half. Place 1 slice of cheese and 2 slices of ham on the bottom half of each bun. Cover with bun tops. Cut 4 (12″) pieces of heavy-duty foil. Wrap foil around each sandwich in a flat pack.

Cooking Methods



Preheat oven to 350°. Place foil packs on the center rack and bake for 10 to 15 minutes or until cheese melts.



Place double-wrapped foil packs on warm embers and cook for 10 to 15 minutes or until cheese melts. Move packs as needed to obtain even heating.



Preheat grill to low heat. Place foil packs on the grill over indirect heat, close lid and cook for 10 to 20 minutes or until cheese melts. Move packs as needed to obtain even heating.

Variations

- Use American, Cheddar or provolone cheese in place of Swiss cheese.
- Substitute mayonnaise for the butter spread. Place very thin slices of fresh apple and mozzarella cheese on top of ham, wrap and cook as directed above.

Hot Sourdough Deli Sandwiches

Makes 4 servings

8 slices sourdough bread
5 to 6 oz. thinly sliced deli ham
5 to 6 oz. thinly sliced smoked turkey
5 to 6 oz. thinly sliced pastrami
4 thin slices sweet onion
⅔ C. sliced fresh mushrooms
⅔ C. sliced green bell peppers
4 slices bacon, cooked and crumbled
4 slices provolone cheese

Directions

On 4 slices of bread, layer equal portions of ham, turkey and pastrami slices. Place 1 slice of onion, a few mushrooms and some green peppers on top of the meat. Sprinkle with crumbled bacon and add 1 slice of provolone cheese. Cover each with a remaining slice of bread. Cut 4 (14") pieces of heavy-duty foil. Wrap foil around each sandwich in a flat pack.

Cooking Methods



Preheat oven to 350°. Place foil packs on the center rack and bake for 10 to 15 minutes or until sandwiches are heated through.



Place double-wrapped foil packs on medium-hot embers and cook for 8 to 10 minutes or until sandwiches are heated through. Turn packs over once during cooking.



Preheat grill to medium heat. Place foil packs on the grill over indirect heat and close lid. Cook for 10 to 15 minutes or until sandwiches are heated through. Turn packs over once during cooking.

Variations

- After cooking, add various condiments, such as Dijon mustard, yellow mustard, mayonnaise, lettuce and sliced tomatoes.
- Try other cheese combinations such as American, Swiss and/or Monterey Jack.
- Before assembling sandwiches, sauté the vegetables in a little olive oil until tender. Place sautéed vegetables on sandwiches, wrap and cook as directed.

Brats with Seasoned Sauerkraut

Makes 4 servings

⅓ C. chopped green bell pepper
¼ C. chopped onion
1½ T. brown sugar
1 tsp. yellow mustard
½ tsp. caraway seed
¾ C. drained sauerkraut
4 fully-cooked bratwursts
4 hoagie buns or large hot dog buns

Directions

In a medium bowl, combine the chopped green pepper and onion. Stir in the brown sugar, mustard, caraway seed and drained sauerkraut. Mix well. Cut 2 (16″) pieces of heavy-duty foil. Stack foil pieces together. Spray top layer with nonstick vegetable spray. Spoon the seasoned sauerkraut in the center of the foil. Grill the brats by themselves over the fire or arrange them on top of the sauerkraut and fold foil into a tent pack. After cooking as directed, place 1 brat on each bun and spoon sauerkraut on top.

Cooking Methods



Preheat oven to 375°. Cook the brats inside the foil pack with the sauerkraut. Set foil pack on a baking sheet. Bake for 20 to 25 minutes or until heated through



Use medium-hot coals and cook brats by themselves over direct heat on a grill or with long campfire forks. Turn brats several times during cooking. Place double-wrapped pack of sauerkraut on warm embers for 15 to 20 minutes or until heated through.



Preheat grill to medium heat. Place brats on the grill above direct heat and set pack of sauerkraut to the side or back over indirect heat. Close lid and cook for 15 to 20 minutes or until brats are cooked and sauerkraut is heated through. Turn brats several times during cooking.

Variations

- Sauté the onion and green bell pepper in a skillet with 2 tablespoons olive oil before assembling sandwiches.
- Wrap brats in their own foil pack to cook in the oven.

Wrapped Tuna Melts

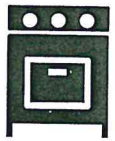
Makes 4 servings

1 (12 oz.) can tuna in water, drained
2 C. cooked rice
1 C. frozen green peas
½ C. mayonnaise
1 T. lemon pepper
1½ C. shredded Cheddar cheese, divided
4 (10˝) flour tortillas, warmed

Directions

Cut 4 (16˝) pieces of heavy-duty foil. In a medium bowl, combine drained tuna, cooked rice, peas, mayonnaise, lemon pepper and 1 cup cheese; mix well. Spread an equal portion of tuna mixture across the center of each warm tortilla. Fold and roll up tortillas, enclosing the filling like a burrito. Place each rolled tortilla on a piece of foil with seam side down. Wrap foil around each tortilla in a flat pack. After cooking, sprinkle remaining shredded cheese on top of tortillas.

Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 15 to 22 minutes or until heated through.



Place double-wrapped foil packs on medium-hot embers and cook for 8 to 10 minutes. Turn packs over once during cooking.



Preheat grill to medium-high heat. Place foil packs to the side of the grill over indirect heat. Close lid and cook for 8 to 10 minutes or until heated through. Turn packs over once during cooking.

Variations

- Substitute canned chicken or ham for the tuna.
- Add ½ cup finely chopped celery.

Crab and Cheese Sandwiches

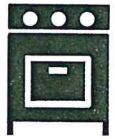
Makes 4 servings

2 (6 oz.) cans crab meat
½ C. shredded Cheddar cheese
¼ C. minced onion
¼ C. mayonnaise
1 T. lemon juice
½ tsp. seasoned salt
½ tsp. dillweed
¼ tsp. dry mustard
4 large dinner rolls
2 T. soft butter, optional

Directions

Drain the crab meat. In a medium bowl, mix the crab meat, cheese and minced onion. In a separate bowl, combine the mayonnaise, lemon juice, seasoned salt, dillweed and dry mustard; mix well. Stir the dressing into the crab mixture. Split rolls and hollow out part of the center of each roll half. If desired, spread buns with butter. Spoon ¼ of the crab mixture into each bun bottom. Replace bun tops. Cut 4 pieces of heavy-duty foil, each large enough to wrap around 1 sandwich. Wrap foil around each filled sandwich in a flat pack.

Cooking Methods



Preheat oven to 350°. Place foil packs on a baking sheet and bake for 18 to 22 minutes or until cheese melts.



Place double-wrapped foil packs on warm embers and cook for 15 to 20 minutes or until cheese melts. Turn packs over halfway through cooking and move as needed to obtain even heating.



Preheat grill to medium heat. Place foil packs on the grill over direct heat and close lid. Cook for 15 to 20 minutes or until cheese melts, turning once halfway through cooking.

Variations

- Substitute canned lobster meat for the crab meat.
- Substitute Swiss cheese for the Cheddar cheese.
- Substitute large hamburger buns or croissants for the dinner rolls.

Meatball Subs

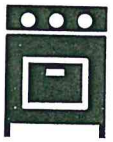
Makes 4 servings

1 lb. frozen, fully cooked Italian-style meatballs
1 (27 oz.) jar chunky spaghetti sauce
4 hoagie-style rolls
1 C. shredded mozzarella cheese

Directions

Cut 4 (16″) pieces of heavy-duty foil. Place ¼ of the frozen meatballs on each piece of foil. Top with desired amount of spaghetti sauce. Wrap foil around each serving of meatballs in a flat pack. Cook as directed. Before serving, spoon meatballs on hoagie rolls and sprinkle shredded cheese on top.

Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 15 to 20 minutes or until heated through.



Place double-wrapped foil packs on medium embers and cook for 10 to 20 minutes, or until heated through. Turn packs over once during cooking.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 10 to 12 minutes or until heated through. Turn packs over once during cooking.

Variation

- Place all meatballs into 1 foil pack and heat them together. Increase cooking time as needed until meatballs and sauce are fully heated.

Grilled Beef Fajitas

Makes 4 servings

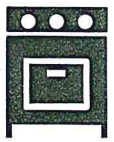
1 lb. boneless beef sirloin steak
1 (1.27 oz.) pkg. fajita seasoning mix
1 green bell pepper, sliced
1 red or yellow bell pepper, sliced
1 medium onion, sliced
1 to 2 T. olive oil
4 (10″) flour tortillas, warmed
Salsa

Directions

Slice steak into thin strips. In a medium bowl, prepare fajita seasoning mix with water according to package instructions. Add steak strips, cover bowl and refrigerate for 1 to 2 hours to let steak marinate. Stir several times.

Cut 1 (18″) square piece of heavy-duty foil. Place the sliced green and red bell peppers and onions in the center of the foil. Drizzle olive oil on top. Remove the steak strips from bowl, discarding marinade. Arrange the sliced steak in a single layer on top of the vegetables. Wrap foil around food in a tent pack. Cook as directed. After the foil pack is cooked, spoon the hot steak mixture on warm tortillas, roll them up and serve with salsa.

Cooking Methods



Preheat oven to 450°. Place fajita foil pack on a baking sheet and bake for 13 to 18 minutes or until steak is fully cooked and vegetables are tender.



Double-wrap the fajita foil pack, making a 2-handled pack with the second layer of foil. Bury the foil pack in medium embers and cook for 10 to 20 minutes or until steak is fully cooked and vegetables are tender.



Preheat grill to medium-high heat. Place fajita foil pack on the grill over direct heat, close lid and cook for 8 to 12 minutes or until steak is fully cooked and vegetables are tender. Turn pack over once during cooking.

Variation

- Substitute sliced boneless, skinless chicken breast for the beef steak.

Rice and Bean Burritos

Makes 4 servings

1 (16 oz.) can refried beans
1⅓ C. cooked rice
1⅓ C. shredded Cheddar cheese
1⅓ C. salsa
⅓ C. chopped green onion
2 T. chopped fresh cilantro
4 (10″) flour tortillas, warmed

Directions

In a medium bowl, combine the refried beans, cooked rice, cheese, salsa, green onion and cilantro. Mix well and set aside. Cut 4 (18″) pieces of heavy-duty foil. Place 1 tortilla on each piece of foil. Spoon equal portions of the bean and rice mixture across the middle of each tortilla. Roll the tortillas burrito-style and set them seam side down on the foil. Wrap foil around each burrito in a flat pack.

Cooking Methods



Preheat oven to 450°. Place foil packs on a baking sheet and bake for 18 to 20 minutes or until burritos are heated through.



Set double-wrapped foil packs on medium embers and cook for 10 to 15 minutes or until heated through. Turn packs over every 5 minutes.



Preheat grill to medium-high heat. Place foil packs on the grill over direct heat, close lid and cook for 12 to 16 minutes or until heated through. Turn packs over once during cooking.

Variation

- In a medium skillet, brown ½ pound ground beef with ½ envelope taco seasoning. Add water as directed on the package. Add the cooked meat to the rice and bean mixture before spreading it over 6 tortillas. Wrap and cook as directed.