

Beef, Broccoli and Potato Foil Packet Dinner

Servings: 4

Ingredients

- 4 tablespoons butter – divided equally
- 2 lb Rib-eye, Filet Mignon, T-Bone or Sirloin – cut into pieces about 1 ½ inches, also at room temperature
- 1 lb small baby potatoes – cut any large ones in ½ so they are all similar size to beef chunks
- 1 red, yellow or green pepper – large dice
- 2 cups broccoli – cut into florets
- 1 teaspoon Mexican oregano (or regular)
- pinch salt, pinch pepper
- 2 tablespoon Victoria Gourmet Sesame Teriyaki seasoning
- ½ cup soy sauce, gluten free soy sauce or coconut aminos
- 1 teaspoon sesame oil
- parsley (optional) – chopped fine
- toasted white or black (or both) sesame seeds (optional)

Directions

Heat oven or BBQ Grill to 450° F. In a large bowl, add oregano, salt, pepper, Sesame Teriyaki seasoning, soy sauce, sesame oil and whisk to combine. Add the meat, potatoes, pepper and broccoli. Toss to completely all of the ingredients.

Cut either 4 sheets of foil (approximately 12X18 inches), or 1 large sheet of foil (approximately 24X24 inches) for family style. Lay foil out on the counter, place 1 tablespoon pat of butter on each sheet (if using 4 sheets), otherwise, lay 4 1 tablespoon pats on the large sheet of foil.

Divide dinner ingredients evenly between the 4 pieces of foil, or, if family style, turn ingredients out onto the large piece of foil. Fold foil to seal the packets.

For BBQ, place foil packet(s) on the grill and close the lid. Cook for about 12 minutes, flip and cook about another 6 – 8 minutes, longer if you like your meat cooked more. Remove and let sit about 10 minutes so the potatoes can steam to complete.

Sprinkle with parsley and sesame seeds and serve.

For the oven, place the foil packet(s) on a sheet pan and cook for about 16 – 18 minutes. Remove from the oven and let sit about 10 minutes for the potatoes to finish. Open the foil and return to the oven set to broil for 1 – 2 minutes to char the ingredients a little.

Sprinkle with parsley and sesame seeds and serve.

Variation: omit soy, sesame teriyaki and sesame oil. Add olive oil, balsamic vinegar and blue cheese crumbles. Prepare as above.