

GROCERY LIST

OVER THE FIRE COOKING DEMO

FRESH

- 1 lb. ground beef
- 4 small potatoes
- 2 cups of chopped carrot (or baby carrots)
- 1 onion
- 2 apples

SPICES

- McCormick Montreal Steak Seasoning
OR
- McCormick Hamburger Seasoning OR
- 1 package dry onion soup mix
- 1 tsp. garlic powder
- Salt and black pepper
- 1/2 tsp. cinnamon

BAKING

- Olive oil
- Coconut sugar (or brown sugar)
- Coconut oil (or you can use butter)

OTHER

- Heavy duty aluminum foil
- Granola

