



TOP RECIPES FROM YOUR LOCAL FIRE DEPARTMENT

Each fire station houses 3 crews, A Platoon, B Platoon and C Platoon. At the firehouse we cook our own meals and eat together as a crew/family. Some recipes are better than others. Here are the top recipes from each platoon. Be sure to follow the Cooking Safety Checklist below. We would love to see your creations, post a picture of your meal and tag us in it @ #lehifire #FirePreventionWeek

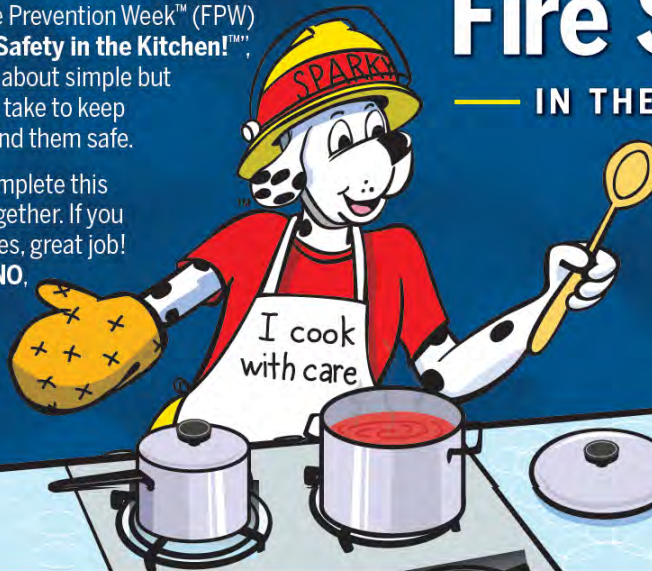


Parents and Caregivers,

Cooking is the No. 1 cause of home fires and home fire injuries. This year's Fire Prevention Week™ (FPW) campaign, "**Serve Up Fire Safety in the Kitchen!**", works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

FPW is a perfect time to complete this cooking safety checklist together. If you checked **YES** on all the boxes, great job! If some boxes are checked **NO**, work together as a family to turn them into a **YES**.

— SERVE UP — Fire Safety — IN THE KITCHEN! —



The _____ Family's **Cooking Safety Checklist**

- | | | |
|--------------------------|--------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | Does a grown-up always pay attention to things that are cooking? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Does a grown-up watch the stovetop when he or she is frying, boiling, grilling, or broiling food? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | If a grown-up must leave the kitchen for even a short period of time, does he or she turn off the burner? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Are things that can burn, such as dish towels, curtains, or paper, away from the stovetop? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Are the stovetop, burners, and oven clean — no spilled food, grease, paper or bags? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Are pot handles turned toward the back of the stove when a grown-up is cooking? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Do children and pets stay out of the kid-free zone (3 feet or 1 meter from the stove) when a grown-up is cooking? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Are containers opened slowly when removing from the microwave? Hot steam can escape from containers and cause burns. |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your family have working smoke alarms on every level of the home, outside all sleeping areas, and in each bedroom? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Does your family have a home fire escape plan? |
| YES | NO | |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you practice the plan? |
| YES | NO | |



**FIRE
PREVENTION
WEEK™**

For more tips, visit firepreventionweek.org and sparky.org
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"Kurt's Handful of Goodness Salsa"

Ingredients:

- Two cans of Rotel Serrano
- Two cans of Rotel Original
- Two serranos
- One yellow onion
- 2/3 bushel of cilantro
- 3 Tablespoons of Lawry's Garlic Salt (coarse ground with parsley)
- 1/2 teaspoon of cumin

Directions:

- Cube onion
- Cut stems of cilantro and chop approx 2/3's of the bushel
- Cut ends off of the serranos and add with seeds
- Combine all ingredients in a blender starting with the onion, cilantro, and serranos. Pour the cans of Rotel on top
- Using the "pulse" button on the blender, pulse blend for approximately 7-10 seconds. Try not to puree all the ingredients.
- Refrigerate salsa for minimum of one hour
- Serve chilled with the only worthy salsa chip, Juanitas



A-Shift Favorite - Pepperoncini Pot Roast

Ingredients:

- a chuck roast
- ranch dressing mix
- au jus gravy mix
- stick of butter
- jarred sliced pepperoncini peppers

Directions:

- Sear all sides of your chuck roast
- Place the chuck roast in the bottom of your crock pot
- Sprinkle the ranch and au jus mixes over the top of the roast
- Add the butter cut into tablespoon sections spread over the top of the roast
- Spread pepperoncini peppers over roast and pour in the remaining of the pepperoncini juice for gravy later on
- Place the lid on top and cook over low heat for 8 hours or more
- Add cubed russet potatoes and baby carrots to the crockpot when there is about 2 hours left of cooking time.
- When cooking time is complete, carefully scoop out chuck roast (falls apart). Shred the beef on a cutting board.
- Separate potatoes into a separate mixing bowl. Mash the potatoes in your favorite way.
- Add the shredded beef back into crockpot juices. Carrots too.
- Serve the beef and juices (gravy) over your mashed potatoes



Southwest Egg Rolls

Ingredients:

- Chicken
- Black Beans
- Corn
- Red Bell Peppers
- Green Onions
- Jalapenos
- Spinach
- Chili Powder
- Cumin
- Garlic Powder
- Salt
- Pepper
- Monterey Cheese
- Oil for Fryer
- Egg Roll Wrappers
- Cilantro Ranch Dressing

Directions:

1. **Combine filling ingredients:** In a medium sized mixing bowl combine the chicken, black beans, corn, red bell pepper, green onions, jalapeño, and spinach. Add the chili powder, cumin, garlic, salt, pepper and Monterey cheese. Mix until incorporated.
2. **Fill the egg roll wrapper:** Place an egg roll wrapper on a clean surface so that it is a diamond. Spoon about two tablespoons of the mixture into the center. Wet the sides of the wrapper with a little bit of water. Fold up the bottom half and then tightly fold in the sides and roll up. Repeat until you have used all of the egg roll wrappers.
3. **Fry the egg rolls:** In a large skillet add the oil until it is about an inch up the side of the pan and heat to medium high. Add the egg rolls and fry for about 1-2 minutes and then flip and cook until they are golden brown. Serve with favorite dipping sauce.





Savory, Creamy, Buttery, Mashed Potatoes

Ingredients:

- 3 lbs. Yukon Gold Potatoes (peeled and cut into pieces)
- 1/2 cup Salted Butter
- 1 1/2 Heavy Cream
- 1/4 cup whole Milk
- 1/4 cup Sour Cream (regular, full-fat)
- Rosemary, Thyme, and Sage (Optional)
- 6 Cloves of Garlic (Peeled and left whole)
- Salt and Pepper to taste

Directions:

1. Place cut and peeled potatoes in boiling water and cook until tender all the way through.
2. Place heavy cream, butter, milk, rosemary, thyme, sage, and garlic into a saucepan. Let simmer until potatoes are done.
3. Strain potatoes and place in a mixing bowl.
4. Poor the contents of the saucepan through a strainer, making sure to capture your delicious liquid creation.
5. Mash together potatoes, mixing in the sour cream and your liquid creation until desired consistency is achieved.
6. Salt and pepper to taste.
7. If you want to make this even better, Add a favorite shredded cheese.