

COOKING

IS THE
#1 CAUSE OF HOUSE FIRES



Stay safe when you cook
with Firehouse Chef Maria's tips:

- Stand by your pan.
Stay in the kitchen when cooking.
- Put a lid on a grease fire to smother it, then turn off the heat.
- Wear short or tight sleeves when cooking.
- Get out and call 9-1-1 if the fire is out of control.
- Create a 3-foot "child-free zone" around the stove. Keep children and pets away from the stove while cooking to prevent burns and scalds.



Try Holyoke Firehouse Chef Maria's **Guatemalan Taquitos**

Ingredients

- vegetable oil
- 1 medium onion, finely chopped
- 1 garlic clove, minced
- ¾ lb. lean ground beef
- salsa
- 2 teaspoons chili powder
- ½ teaspoon salt
- ¼ teaspoon pepper
- 10 (6 inch) flour tortillas
- ½ cup cheddar or Monterey jack cheese, shredded
- sour cream

Directions

1. Heat oven to 400°.
2. Heat 1 tablespoon oil in large skillet over medium heat. Add onion and garlic, cook for 3 minutes, stirring often.
3. Add beef. Use a wooden spoon to break up. Cook until it's no longer red, about 3 minutes.
4. Stir in ½ cup of salsa, chili powder, salt and pepper. Cook over low heat, stirring occasionally, 10 minutes.
5. Put tortillas on a plate and cover with damp paper towels. Microwave until warm and pliable, about 45 seconds.
6. Top each tortilla with 2 tablespoons of beef mixture, spreading to an inch from the edges. Sprinkle cheese evenly over beef.
7. Roll tortillas and place on a foil-lined baking sheet with the seam sides down. Brush lightly with vegetable oil.
8. Bake until filling is heated through and taquitos are lightly browned, 8 to 12 minutes.
9. Serve hot with sour cream and/or salsa.



STAND BY YOUR PAN