

FIREHOUSE 48-HOUR COOKBOOK

60 practical dinners • 20 paired tours • Costco-centered planning

Designed for Boise-area crews of 4–6 firefighters. Standard yield: five servings per dinner. Straightforward instructions, shared ingredients, and clear cost estimates for active stations.

Price reference date: October 30, 2026. Published Same-Day examples are not Boise/Meridian shelf quotes. Local prices and stock vary.

How to use this book

- Choose one pair from the 20-tour schedule or mix dinners that use the same primary protein.
- Recipe quantities serve five. Scale by crew size divided by five, or use the Excel planner.
- Ingredient quantities are repeated inside cooking steps.
- Food-used cost is the value consumed; the full Costco checkout can be higher because packages contain leftovers.
- Keep Day 2 meat sealed in the refrigerator for 1–2 days or freeze it.

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Chicken

R01 · Lemon-garlic chicken with roasted potatoes · 20 min prep · \$3.03/person
R02 · Chicken fajita tacos with black beans · 20 min prep · \$3.91/person
R03 · BBQ chicken sandwiches with slaw · 15 min prep · \$3.98/person
R04 · Chicken enchilada rice bake · 20 min prep · \$4.48/person
R05 · Teriyaki chicken rice bowls · 15 min prep · \$3.30/person
R06 · Chicken quesadillas with beans · 20 min prep · \$3.89/person
R07 · Chicken Alfredo spaghetti with broccoli · 20 min prep · \$3.54/person
R08 · Southwest chicken burrito bowls · 20 min prep · \$3.87/person
R09 · Sheet-pan chicken, peppers and rice · 20 min prep · \$3.64/person
R10 · Chicken taco nacho platters · 20 min prep · \$4.84/person
R11 · Italian chicken spaghetti with kale salad · 15 min prep · \$4.19/person
R12 · Southwest loaded chicken potatoes · 20 min prep · \$4.44/person
R41 · Oven-baked ranch chicken thighs · 15 min prep · \$3.39/person
R42 · Chicken tortilla soup · 20 min prep · \$3.91/person
R43 · BBQ chicken baked potatoes · 20 min prep · \$3.62/person
R44 · Chicken and vegetable fried rice · 20 min prep · \$3.45/person
R45 · Creamy chicken and broccoli rice bake · 20 min prep · \$3.27/person
R46 · Grilled chicken fajita plates · 20 min prep · \$3.75/person
R47 · Chicken parmesan spaghetti · 25 min prep · \$4.51/person
R48 · Chicken taco stuffed potatoes · 20 min prep · \$4.17/person

Beef

R13 · Grilled cheeseburgers with potato wedges · 20 min prep · \$5.38/person
R14 · Ground-beef taco bar · 20 min prep · \$5.73/person
R15 · Meat-sauce spaghetti with broccoli · 15 min prep · \$5.50/person
R16 · Beef enchilada skillet · 20 min prep · \$5.88/person
R17 · Meatloaf with mashed potatoes and vegetables · 20 min prep · \$5.19/person
R18 · Crispy beef quesadillas · 20 min prep · \$5.47/person
R19 · Beef and broccoli stir-fry rice bowls · 15 min prep · \$4.94/person
R20 · Beef burrito bowls · 20 min prep · \$5.52/person
R21 · Sloppy Joes with potatoes and slaw · 15 min prep · \$5.35/person
R22 · Mexican stuffed peppers · 25 min prep · \$5.99/person
R49 · Beef chili with cornbread-style side · 20 min prep · \$5.84/person
R50 · Beef and potato skillet · 20 min prep · \$4.99/person
R51 · Beef taco salad bowls · 20 min prep · \$6.06/person
R52 · Beef and tomato rice casserole · 20 min prep · \$5.28/person
R53 · BBQ beef sandwiches with roasted vegetables · 15 min prep · \$5.06/person

Pork

R25 · Slow-cooker pulled pork sandwiches · 15 min prep · \$4.02/person
R26 · Pulled-pork carnitas tacos with rice · 20 min prep · \$3.84/person
R27 · Smoky pulled-pork rice plates · 15 min prep · \$3.33/person
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R30 · Pulled-pork fajita quesadillas · 20 min prep · \$4.22/person
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R34 · Pulled-pork enchilada casserole · 20 min prep · \$4.24/person
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Sausage

R35 · Sausage marinara spaghetti · 15 min prep · \$3.94/person
R36 · Sausage and black-bean quesadillas · 20 min prep · \$3.98/person
R37 · Sausage and pepper pizza with salad · 25 min prep · \$3.85/person
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R40 · Southwest sausage burrito bowls · 15 min prep · \$4.57/person
R59 · Sausage and white bean tomato pasta · 15 min prep · \$4.26/person
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R24 · Turkey loaded nachos · 15 min prep · \$5.06/person

CHICKEN DINNERS

Lemon-garlic chicken with roasted potatoes

Bright lemon-garlic chicken with crisp-edged potatoes and broccoli.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$15.17	\$3.03	20 min / 40 min

Components: Chicken breast • potatoes • broccoli. Nutrition estimate: ~574 calories / 60 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 3 lb Russet potatoes
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 3 lb russet potatoes; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 425°F. Cut the vegetables into bite-size pieces and spread them on a rimmed sheet pan with 1 tablespoon oil and the listed seasoning.
2. Season the meat and place it on a second pan or on a clear side of the pan; keep raw meat juices away from ready-to-eat food. Roast until the thickest piece reaches the safe temperature listed in the quick reference.
3. Cook the listed rice, pasta, beans, or potatoes according to the package or recipe quantity. Add frozen vegetables for the final 8–10 minutes or steam them separately.
4. Rest meat 3 minutes, slice, and serve with the listed side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Chicken fajita tacos with black beans

Sizzling chicken and peppers in warm tortillas, with black beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.54	\$3.91	20 min / 25 min

Components: Chicken breast • tortillas • peppers and beans. Nutrition estimate: ~764 calories / 70 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 15 each 6-inch flour tortillas
- 3 each Bell peppers
- 0.5 lb Yellow onions
- 2 can Black beans
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 15 each 6-inch flour tortillas; 3 each bell peppers; 0.5 lb yellow onions; 2 can black beans; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

BBQ chicken sandwiches with slaw

Tender barbecue chicken, cool slaw, roasted potatoes.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.88	\$3.98	15 min / 40 min

Components: Chicken thigh • buns and potatoes • coleslaw. Nutrition estimate: ~962 calories / 58 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken thighs
- 12 oz BBQ sauce
- 6 bun Hamburger buns
- 1.5 lb Prepared coleslaw
- 2.5 lb Russet potatoes
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken thighs; 12 oz bbq sauce; 6 bun hamburger buns; 1.5 lb prepared coleslaw; 2.5 lb russet potatoes; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 425°F and cut the listed potatoes into wedges. Toss with 1 tablespoon oil and roast 30–40 minutes, turning once.
2. Cook the listed meat until it reaches the safe temperature. For shredded chicken or pork, add the listed BBQ or tomato sauce and simmer until glossy and hot.
3. Warm the listed buns. Put cold slaw or salad out at serving time.
4. Serve sandwiches with the roasted potatoes and vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Chicken enchilada rice bake

A one-pan rice casserole with chicken, beans, salsa and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$22.40	\$4.48	20 min / 45 min

Components: Chicken thigh • rice • peppers, beans and tomatoes. Nutrition estimate: ~1372 calories / 83 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken thighs
- 1.5 lb Long-grain white rice
- 2 can Black beans
- 2 each Bell peppers
- 1 can Diced tomatoes
- 12 oz Medium salsa
- 0.75 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken thighs; 1.5 lb long-grain white rice; 2 can black beans; 2 each bell peppers; 1 can diced tomatoes; 12 oz medium salsa; 0.75 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Teriyaki chicken rice bowls

Glazed chicken over rice with a generous portion of mixed vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$16.51	\$3.30	15 min / 30 min

Components: Chicken breast • rice • frozen vegetables. Nutrition estimate: ~894 calories / 66 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 8 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 8 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Rinse the listed rice until water runs mostly clear. Combine it with twice its volume of water, bring to a boil, cover and cook on low until tender; rest 5 minutes.

2. Cook the listed meat in a skillet or grill pan until it reaches the safe temperature. Stir in the listed sauce or seasoning.

3. Heat the listed frozen vegetables, beans or corn until steaming hot. Drain canned vegetables and beans first.

4. Build bowls with rice, meat and vegetables. Set salsa, cheese and other cold toppings out just before serving.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Chicken quesadillas with beans

Crisp cheesy quesadillas with chicken, beans and fresh romaine.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.46	\$3.89	20 min / 25 min

Components: Chicken breast • tortillas • romaine and beans. Nutrition estimate: ~962 calories / 85 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 12 each 6-inch flour tortillas
- 0.75 lb Shredded Mexican blend cheese
- 2 can Black beans
- 2 heart Romaine hearts
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 12 each 6-inch flour tortillas; 0.75 lb shredded mexican blend cheese; 2 can black beans; 2 heart romaine hearts; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Chicken Alfredo spaghetti with broccoli

Creamy chicken pasta with broccoli, using a simple pantry sauce.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$17.70	\$3.54	20 min / 30 min

Components: Chicken breast • pasta • broccoli. Nutrition estimate: ~1014 calories / 81 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Spaghetti / pasta
- 1.5 lb Frozen broccoli florets
- 0.5 lb Sour cream
- 0.5 lb Shredded mozzarella
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb spaghetti / pasta; 1.5 lb frozen broccoli florets; 0.5 lb sour cream; 0.5 lb shredded mozzarella; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Bring a large pot of salted water to a boil. Add the listed amount of dry pasta and cook until just tender; drain, saving 1 cup of pasta water.
2. In a second pot or deep skillet, cook the listed meat until safely cooked through. Add the listed marinara or sauce and simmer 5 minutes.
3. Steam the listed vegetables until hot and tender. If using broccoli, add it to the pasta pot for the last 4 minutes.
4. Combine pasta and sauce. Add a splash of pasta water if needed, then serve with the vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Southwest chicken burrito bowls

Taco-seasoned chicken over rice, black beans, corn, salsa and lettuce.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.36	\$3.87	20 min / 30 min

Components: Chicken breast • rice • corn, lettuce and beans. Nutrition estimate: ~1118 calories / 82 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 2 heart Romaine hearts
- 8 oz Medium salsa
- 0.5 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 2 heart romaine hearts; 8 oz medium salsa; 0.5 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Sheet-pan chicken, peppers and rice

Roasted chicken and peppers served with rice and vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.20	\$3.64	20 min / 40 min

Components: Chicken thigh • rice • peppers and frozen vegetables. Nutrition estimate: ~938 calories / 58 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken thighs
- 1.25 lb Long-grain white rice
- 3 each Bell peppers
- 1.5 lb Frozen Normandy vegetables
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken thighs; 1.25 lb long-grain white rice; 3 each bell peppers; 1.5 lb frozen normandy vegetables; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 425°F. Cut the vegetables into bite-size pieces and spread them on a rimmed sheet pan with 1 tablespoon oil and the listed seasoning.
2. Season the meat and place it on a second pan or on a clear side of the pan; keep raw meat juices away from ready-to-eat food. Roast until the thickest piece reaches the safe temperature listed in the quick reference.
3. Cook the listed rice, pasta, beans, or potatoes according to the package or recipe quantity. Add frozen vegetables for the final 8–10 minutes or steam them separately.
4. Rest meat 3 minutes, slice, and serve with the listed side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Chicken taco nacho platters

Warm chicken and beans over chips with cheese, corn and crunchy slaw.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$24.20	\$4.84	20 min / 25 min

Components: Chicken thigh • tortilla chips • corn and slaw. Nutrition estimate: ~1373 calories / 79 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken thighs
- 15 oz Tortilla chips
- 2 can Black beans
- 1 can Whole-kernel corn
- 0.75 lb Shredded Mexican blend cheese
- 1 lb Prepared coleslaw
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken thighs; 15 oz tortilla chips; 2 can black beans; 1 can whole-kernel corn; 0.75 lb shredded mexican blend cheese; 1 lb prepared coleslaw; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.

2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.

3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.

4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Italian chicken spaghetti with kale salad

Italian-seasoned chicken and marinara pasta with a ready-to-serve salad.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.95	\$4.19	15 min / 30 min

Components: Chicken breast • pasta • kale salad. Nutrition estimate: ~1052 calories / 80 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Spaghetti / pasta
- 1 jar Marinara sauce
- 1 lb Kale salad kit
- 0.5 lb Shredded mozzarella
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb spaghetti / pasta; 1 jar marinara sauce; 1 lb kale salad kit; 0.5 lb shredded mozzarella; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Bring a large pot of salted water to a boil. Add the listed amount of dry pasta and cook until just tender; drain, saving 1 cup of pasta water.
2. In a second pot or deep skillet, cook the listed meat until safely cooked through. Add the listed marinara or sauce and simmer 5 minutes.
3. Steam the listed vegetables until hot and tender. If using broccoli, add it to the pasta pot for the last 4 minutes.
4. Combine pasta and sauce. Add a splash of pasta water if needed, then serve with the vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Southwest loaded chicken potatoes

Baked potatoes topped with chicken, beans, corn, peppers and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$22.20	\$4.44	20 min / 45 min

Components: Chicken breast • potatoes • corn, peppers and beans. Nutrition estimate: ~1035 calories / 85 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 3.5 lb Russet potatoes
- 2 can Black beans
- 1 can Whole-kernel corn
- 2 each Bell peppers
- 0.75 lb Shredded Mexican blend cheese
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 3.5 lb russet potatoes; 2 can black beans; 1 can whole-kernel corn; 2 each bell peppers; 0.75 lb shredded mexican blend cheese; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Oven-baked ranch chicken thighs

Juicy seasoned chicken thighs baked alongside potatoes and green vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$16.95	\$3.39	15 min / 45 min

Components: Chicken thigh • potatoes • broccoli. Nutrition estimate: ~728 calories / 59 g protein per serving.

Ingredients

- 2.75 lb Boneless skinless chicken thighs
- 3 lb Russet potatoes
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.75 lb boneless skinless chicken thighs; 3 lb russet potatoes; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 375°F. Grease a large baking dish.
2. Cook the listed meat in a skillet until safely cooked. Stir in the listed cooked rice/potatoes, vegetables and sauce; season simply with salt, pepper and garlic.
3. Spread in the dish and top with the listed cheese. Cover with foil and bake 25 minutes, then uncover for 10 minutes until hot throughout.
4. Rest 5 minutes and serve with the listed vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Chicken tortilla soup

A quick chicken soup with tomatoes, corn, beans and tortilla strips.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.55	\$3.91	20 min / 35 min

Components: Chicken breast • tortilla chips • tomatoes, corn and beans. Nutrition estimate: ~766 calories / 66 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 2 can Diced tomatoes
- 1 can Whole-kernel corn
- 2 can Black beans
- 8 oz Tortilla chips
- 1 each Bell peppers
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 2 can diced tomatoes; 1 can whole-kernel corn; 2 can black beans; 8 oz tortilla chips; 1 each bell peppers; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. In a large pot, heat 1 tablespoon oil. Add diced peppers/onions and cook 5 minutes.
2. Add the listed chicken or beef, brown until safe, then stir in listed beans, tomatoes, corn, seasoning and 6 cups water or broth.
3. Simmer 20 minutes. Prepare rice or chips separately. Add frozen vegetables for the final 8 minutes if using.
4. Serve hot with the listed starch and toppings.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

BBQ chicken baked potatoes

Loaded potatoes filled with barbecue chicken, corn and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.08	\$3.62	20 min / 50 min

Components: Chicken breast • potatoes • corn and romaine. Nutrition estimate: ~997 calories / 78 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 4 lb Russet potatoes
- 10 oz BBQ sauce
- 1 can Whole-kernel corn
- 0.75 lb Shredded Mexican blend cheese
- 1 heart Romaine hearts
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 4 lb russet potatoes; 10 oz bbq sauce; 1 can whole-kernel corn; 0.75 lb shredded mexican blend cheese; 1 heart romaine hearts; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 375°F. Grease a large baking dish.
2. Cook the listed meat in a skillet until safely cooked. Stir in the listed cooked rice/potatoes, vegetables and sauce; season simply with salt, pepper and garlic.
3. Spread in the dish and top with the listed cheese. Cover with foil and bake 25 minutes, then uncover for 10 minutes until hot throughout.
4. Rest 5 minutes and serve with the listed vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Chicken and vegetable fried rice

Fast fried rice with chicken, egg and frozen vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$17.25	\$3.45	20 min / 25 min

Components: Chicken breast • rice • mixed vegetables. Nutrition estimate: ~938 calories / 68 g protein per serving.

Ingredients

- 2.25 lb Boneless skinless chicken breast
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 0.5 dozen Large eggs
- 0.5 lb Yellow onions
- 4 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.25 lb boneless skinless chicken breast; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 0.5 dozen large eggs; 0.5 lb yellow onions; 4 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed rice and hold covered. Cut meat and vegetables to similar bite-size pieces.
2. Heat a large skillet with 1 tablespoon oil. Cook meat until safe; remove to a clean plate.
3. Scramble the listed egg if used, then add vegetables and rice. Return meat to the pan, add sauce, and toss until steaming hot.
4. Serve immediately.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Creamy chicken and broccoli rice bake

Comforting chicken, broccoli and rice casserole with a light creamy finish.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$16.33	\$3.27	20 min / 45 min

Components: Chicken breast • rice • broccoli. Nutrition estimate: ~1027 calories / 76 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Long-grain white rice
- 1.5 lb Frozen broccoli florets
- 0.5 lb Sour cream
- 0.5 lb Shredded mozzarella
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb long-grain white rice; 1.5 lb frozen broccoli florets; 0.5 lb sour cream; 0.5 lb shredded mozzarella; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 375°F. Grease a large baking dish.
2. Cook the listed meat in a skillet until safely cooked. Stir in the listed cooked rice/potatoes, vegetables and sauce; season simply with salt, pepper and garlic.
3. Spread in the dish and top with the listed cheese. Cover with foil and bake 25 minutes, then uncover for 10 minutes until hot throughout.
4. Rest 5 minutes and serve with the listed vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Grilled chicken fajita plates

Grilled fajita chicken with peppers, rice and black beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.76	\$3.75	20 min / 30 min

Components: Chicken breast • rice • peppers and beans. Nutrition estimate: ~906 calories / 69 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Long-grain white rice
- 3 each Bell peppers
- 0.5 lb Yellow onions
- 2 can Black beans
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb long-grain white rice; 3 each bell peppers; 0.5 lb yellow onions; 2 can black beans; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the grill to medium-high. Cook the listed rice and warm the beans.
2. Grill the chicken until the thickest part reaches 165°F, turning once.
3. Grill peppers and onions in a basket until softened. Warm tortillas if serving them.
4. Slice chicken and serve with rice, beans and salsa.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Chicken parmesan spaghetti

Crispy oven chicken with marinara, mozzarella and spaghetti.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$22.53	\$4.51	25 min / 40 min

Components: Chicken breast • pasta • broccoli. Nutrition estimate: ~1256 calories / 95 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken breast
- 1.25 lb Spaghetti / pasta
- 1 jar Marinara sauce
- 0.75 lb Shredded mozzarella
- 1.5 lb Frozen broccoli florets
- 0.5 lb All-purpose flour
- 0.25 dozen Large eggs
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken breast; 1.25 lb spaghetti / pasta; 1 jar marinara sauce; 0.75 lb shredded mozzarella; 1.5 lb frozen broccoli florets; 0.5 lb all-purpose flour; 0.25 dozen large eggs; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed pasta in salted boiling water until tender; drain.
2. Brown the listed sausage or chicken in a large pan until safely cooked. Add listed tomatoes/marinara and simmer 5 minutes.
3. Stir in listed beans or vegetables and cook until hot. Add cheese and toss with pasta.
4. Serve immediately with a vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Chicken taco stuffed potatoes

Taco chicken and beans served over baked potatoes with salsa and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.86	\$4.17	20 min / 45 min

Components: Chicken thigh • potatoes • beans and corn. Nutrition estimate: ~1173 calories / 80 g protein per serving.

Ingredients

- 2.5 lb Boneless skinless chicken thighs
- 4 lb Russet potatoes
- 2 can Black beans
- 1 can Whole-kernel corn
- 8 oz Medium salsa
- 0.75 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb boneless skinless chicken thighs; 4 lb russet potatoes; 2 can black beans; 1 can whole-kernel corn; 8 oz medium salsa; 0.75 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed meat in a large skillet until safely cooked. Add the listed peppers/onions and cook until tender.
2. Warm the listed rice or tortillas. Heat beans and corn until steaming.
3. Arrange the listed vegetables and salsa as toppings. Build potatoes, burritos, bowls or tacos with the quantities given.
4. Serve cheese and sour cream cold on the side; refrigerate promptly after dinner.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

BEEF DINNERS

Grilled cheeseburgers with potato wedges

Grilled burgers with cheese, potato wedges and a fresh salad.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$26.90	\$5.38	20 min / 35 min

Components: Ground beef • buns and potatoes • kale salad. Nutrition estimate: ~1392 calories / 69 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 6 bun Hamburger buns
- 0.4 lb Shredded Mexican blend cheese
- 3 lb Russet potatoes
- 1 lb Kale salad kit
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 6 bun hamburger buns; 0.4 lb shredded mexican blend cheese; 3 lb russet potatoes; 1 lb kale salad kit; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the grill to medium-high and clean the grate. Cut potatoes and roast or microwave them until tender; finish with oil and seasoning.
2. Form the listed ground meat into five patties or prepare the listed pieces. Grill, turning once, until the center reaches the safe temperature.
3. During the final minutes, melt cheese on the meat and toast buns. Keep raw-meat plates and utensils separate from cooked food.
4. Serve with the listed potatoes and salad or vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Ground-beef taco bar

Seasoned beef tacos with beans, lettuce, tomatoes, cheese and salsa.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$28.65	\$5.73	20 min / 25 min

Components: Ground beef • tortillas • lettuce and tomatoes. Nutrition estimate: ~1354 calories / 76 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 15 each 6-inch flour tortillas
- 2 can Black beans
- 2 heart Romaine hearts
- 1 can Diced tomatoes
- 8 oz Medium salsa
- 0.5 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 15 each 6-inch flour tortillas; 2 can black beans; 2 heart romaine hearts; 1 can diced tomatoes; 8 oz medium salsa; 0.5 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Meat-sauce spaghetti with broccoli

Beef marinara over spaghetti with broccoli on the side.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$27.50	\$5.50	15 min / 30 min

Components: Ground beef • pasta • broccoli. Nutrition estimate: ~1298 calories / 67 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1.5 lb Spaghetti / pasta
- 1 jar Marinara sauce
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1.5 lb spaghetti / pasta; 1 jar marinara sauce; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Bring a large pot of salted water to a boil. Add the listed amount of dry pasta and cook until just tender; drain, saving 1 cup of pasta water.
2. In a second pot or deep skillet, cook the listed meat until safely cooked through. Add the listed marinara or sauce and simmer 5 minutes.
3. Steam the listed vegetables until hot and tender. If using broccoli, add it to the pasta pot for the last 4 minutes.
4. Combine pasta and sauce. Add a splash of pasta water if needed, then serve with the vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Beef enchilada skillet

A saucy skillet of beef, rice, beans, vegetables and melted cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$29.39	\$5.88	20 min / 35 min

Components: Ground beef • rice • corn, peppers and beans. Nutrition estimate: ~1616 calories / 82 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 2 each Bell peppers
- 12 oz Medium salsa
- 0.75 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 2 each bell peppers; 12 oz medium salsa; 0.75 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Meatloaf with mashed potatoes and vegetables

Familiar baked meatloaf with mashed potatoes and mixed vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$25.96	\$5.19	20 min / 55 min

Components: Ground beef • potatoes • frozen vegetables. Nutrition estimate: ~1132 calories / 63 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 3.5 lb Russet potatoes
- 1.5 lb Frozen Normandy vegetables
- 0.5 dozen Large eggs
- 0.25 lb Rolled oats
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 3.5 lb russet potatoes; 1.5 lb frozen normandy vegetables; 0.5 dozen large eggs; 0.25 lb rolled oats; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 375°F. Grease a large baking dish. Cook any rice or pasta listed until nearly tender.
2. Cook the listed meat in a skillet until safe; combine with listed vegetables, beans/tomatoes/sauce, starch and half the cheese.
3. Spread mixture in the baking dish and top with remaining cheese. Cover with foil and bake 25 minutes; uncover for 10 minutes until bubbling and hot throughout.
4. Rest 5 minutes before serving.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Crispy beef quesadillas

Crisped beef and cheese quesadillas with sautéed peppers and beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$27.37	\$5.47	20 min / 25 min

Components: Ground beef • tortillas • peppers and beans. Nutrition estimate: ~1376 calories / 79 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 12 each 6-inch flour tortillas
- 0.75 lb Shredded Mexican blend cheese
- 2 each Bell peppers
- 0.5 lb Yellow onions
- 2 can Black beans
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 12 each 6-inch flour tortillas; 0.75 lb shredded mexican blend cheese; 2 each bell peppers; 0.5 lb yellow onions; 2 can black beans; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Beef and broccoli stir-fry rice bowls

Quick skillet beef with broccoli and rice in a savory sauce.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$24.68	\$4.94	15 min / 25 min

Components: Ground beef • rice • broccoli. Nutrition estimate: ~1250 calories / 60 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1.25 lb Long-grain white rice
- 2 lb Frozen broccoli florets
- 6 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1.25 lb long-grain white rice; 2 lb frozen broccoli florets; 6 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed rice and keep covered. Cut the vegetables into bite-size pieces and mix the listed sauce with 2 tablespoons water.

2. Heat a large skillet until hot. Brown the listed ground meat, breaking it into small pieces; remove excess fat if needed.

3. Add the listed broccoli or frozen vegetables. Stir-fry until hot and crisp-tender, then pour in sauce and simmer 2–3 minutes.

4. Spoon the beef and vegetables over rice.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Beef burrito bowls

Rice bowls with beef, beans, corn, lettuce, salsa and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$27.61	\$5.52	20 min / 30 min

Components: Ground beef • rice • corn, lettuce and beans. Nutrition estimate: ~1528 calories / 77 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 2 heart Romaine hearts
- 8 oz Medium salsa
- 0.5 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 2 heart romaine hearts; 8 oz medium salsa; 0.5 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Sloppy Joes with potatoes and slaw

Sweet-savory beef sandwiches served with potato wedges and slaw.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$26.74	\$5.35	15 min / 35 min

Components: Ground beef • buns and potatoes • coleslaw. Nutrition estimate: ~1176 calories / 58 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 6 bun Hamburger buns
- 2.5 lb Russet potatoes
- 1.25 lb Prepared coleslaw
- 1 can Diced tomatoes
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 6 bun hamburger buns; 2.5 lb russet potatoes; 1.25 lb prepared coleslaw; 1 can diced tomatoes; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 425°F and cut the listed potatoes into wedges. Toss with 1 tablespoon oil and roast 30–40 minutes, turning once.

2. Cook the listed meat until it reaches the safe temperature. For shredded chicken or pork, add the listed BBQ or tomato sauce and simmer until glossy and hot.

3. Warm the listed buns. Put cold slaw or salad out at serving time.

4. Serve sandwiches with the roasted potatoes and vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Mexican stuffed peppers

Bell peppers filled with beef, rice, tomatoes, corn and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$29.93	\$5.99	25 min / 45 min

Components: Ground beef • rice • bell peppers and corn. Nutrition estimate: ~1426 calories / 72 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1 lb Long-grain white rice
- 5 each Bell peppers
- 1 can Diced tomatoes
- 1 can Whole-kernel corn
- 0.75 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1 lb long-grain white rice; 5 each bell peppers; 1 can diced tomatoes; 1 can whole-kernel corn; 0.75 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Beef chili with cornbread-style side

Thick beef and bean chili served with rice and vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$29.18	\$5.84	20 min / 50 min

Components: Ground beef • rice • tomatoes and peppers. Nutrition estimate: ~1304 calories / 67 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 3 can Black beans
- 2 can Diced tomatoes
- 2 each Bell peppers
- 1 lb Long-grain white rice
- 1.5 oz Chili seasoning
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 3 can black beans; 2 can diced tomatoes; 2 each bell peppers; 1 lb long-grain white rice; 1.5 oz chili seasoning; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. In a large pot, heat 1 tablespoon oil. Add diced peppers/onions and cook 5 minutes.
2. Add the listed chicken or beef, brown until safe, then stir in listed beans, tomatoes, corn, seasoning and 6 cups water or broth.
3. Simmer 20 minutes. Prepare rice or chips separately. Add frozen vegetables for the final 8 minutes if using.
4. Serve hot with the listed starch and toppings.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Beef and potato skillet

One-pan beef, potatoes and vegetables with melted cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$24.97	\$4.99	20 min / 35 min

Components: Ground beef • potatoes • frozen vegetables. Nutrition estimate: ~1211 calories / 66 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 3 lb Russet potatoes
- 1.5 lb Frozen Normandy vegetables
- 0.5 lb Shredded Mexican blend cheese
- 0.5 lb Yellow onions
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 3 lb russet potatoes; 1.5 lb frozen normandy vegetables; 0.5 lb shredded mexican blend cheese; 0.5 lb yellow onions; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Dice potatoes small; microwave with 2 tablespoons water, covered, for 6 minutes to soften.
2. Slice sausage or chop meat. Brown in a large skillet with 1 tablespoon oil and diced onion/pepper.
3. Add potatoes, rice or vegetables as listed. Cook, stirring, until browned and hot.
4. Serve directly from the skillet with the listed vegetable component.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Beef taco salad bowls

Taco beef over romaine, beans, corn and chips with salsa.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$30.28	\$6.06	20 min / 25 min

Components: Ground beef • tortilla chips • romaine, corn and beans. Nutrition estimate: ~1461 calories / 74 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 3 heart Romaine hearts
- 2 can Black beans
- 1 can Whole-kernel corn
- 12 oz Tortilla chips
- 8 oz Medium salsa
- 0.5 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 3 heart romaine hearts; 2 can black beans; 1 can whole-kernel corn; 12 oz tortilla chips; 8 oz medium salsa; 0.5 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed meat in a large skillet until safely cooked. Add the listed peppers/onions and cook until tender.
2. Warm the listed rice or tortillas. Heat beans and corn until steaming.
3. Arrange the listed vegetables and salsa as toppings. Build potatoes, burritos, bowls or tacos with the quantities given.
4. Serve cheese and sour cream cold on the side; refrigerate promptly after dinner.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Beef and tomato rice casserole

Simple oven casserole with beef, rice, tomatoes, corn and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$26.42	\$5.28	20 min / 50 min

Components: Ground beef • rice • tomatoes and corn. Nutrition estimate: ~1502 calories / 74 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 1.25 lb Long-grain white rice
- 2 can Diced tomatoes
- 1 can Whole-kernel corn
- 0.75 lb Shredded Mexican blend cheese
- 1 each Bell peppers
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 1.25 lb long-grain white rice; 2 can diced tomatoes; 1 can whole-kernel corn; 0.75 lb shredded mexican blend cheese; 1 each bell peppers; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Heat the oven to 375°F. Grease a large baking dish.

2. Cook the listed meat in a skillet until safely cooked. Stir in the listed cooked rice/potatoes, vegetables and sauce; season simply with salt, pepper and garlic.

3. Spread in the dish and top with the listed cheese. Cover with foil and bake 25 minutes, then uncover for 10 minutes until hot throughout.

4. Rest 5 minutes and serve with the listed vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

BBQ beef sandwiches with roasted vegetables

Saucy ground beef sandwiches with roasted potatoes and vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$25.32	\$5.06	15 min / 35 min

Components: Ground beef • buns and potatoes • frozen vegetables. Nutrition estimate: ~1228 calories / 61 g protein per serving.

Ingredients

- 2.5 lb 88/12 ground beef
- 10 oz BBQ sauce
- 6 bun Hamburger buns
- 2.5 lb Russet potatoes
- 1.5 lb Frozen Normandy vegetables
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb 88/12 ground beef; 10 oz bbq sauce; 6 bun hamburger buns; 2.5 lb russet potatoes; 1.5 lb frozen normandy vegetables; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Roast listed potatoes at 425°F with 1 tablespoon oil for 30–40 minutes.
2. Brown ground meat in a skillet until safe; drain fat if needed and stir in BBQ sauce. Simmer 5 minutes.
3. Toast buns and prepare vegetables. Keep raw meat tools separate from serving tools.
4. Serve beef sandwiches with potatoes and vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

PORK DINNERS

Slow-cooker pulled pork sandwiches

Slow-cooked pulled pork with barbecue sauce, buns, slaw and beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.11	\$4.02	15 min / 9 hrs

Components: Pulled pork • buns • coleslaw and beans. Nutrition estimate: ~1312 calories / 72 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 12 oz BBQ sauce
- 6 bun Hamburger buns
- 1.25 lb Prepared coleslaw
- 2 can Black beans
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 12 oz bbq sauce; 6 bun hamburger buns; 1.25 lb prepared coleslaw; 2 can black beans; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Place both tour portions of raw shoulder in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender; shred and reserve the juices.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork carnitas tacos with rice

Slow-cooked pulled pork in warm tortillas with rice and beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.22	\$3.84	20 min / 9 hrs

Components: Pulled pork • tortillas and rice • beans and peppers. Nutrition estimate: ~1593 calories / 81 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 15 each 6-inch flour tortillas
- 1 lb Long-grain white rice
- 2 can Black beans
- 2 each Bell peppers
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 15 each 6-inch flour tortillas; 1 lb long-grain white rice; 2 can black beans; 2 each bell peppers; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Smoky pulled-pork rice plates

Smoky pulled pork over rice with roasted vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$16.64	\$3.33	15 min / 9 hrs

Components: Pulled pork • rice • frozen vegetables. Nutrition estimate: ~1372 calories / 70 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 1 can Diced tomatoes
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 1 can diced tomatoes; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Cook the listed rice with twice its volume of water. Heat the listed vegetables and sauce; fold in pulled pork and heat to 165°F.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork burrito bowls

Shredded pulled pork with rice, black beans, corn and salsa.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.28	\$3.66	15 min / 9 hrs

Components: Pulled pork • rice • beans and corn. Nutrition estimate: ~1626 calories / 86 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 10 oz Medium salsa
- 0.5 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 10 oz medium salsa; 0.5 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork loaded potatoes with broccoli

Pulled pork over baked potatoes with broccoli and a simple garlic finish.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$15.89	\$3.18	15 min / 9 hrs

Components: Pulled pork • potatoes • broccoli. Nutrition estimate: ~1098 calories / 65 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 3 lb Russet potatoes
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 3 lb russet potatoes; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.

2. Heat the oven to 425°F. Roast the listed potatoes and vegetables with 1 tablespoon oil until tender. Heat pulled pork separately to 165°F and serve together.

3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.

4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork fajita quesadillas

Pulled pork, peppers and cheese folded into crisp tortillas.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$21.11	\$4.22	20 min / 9 hrs

Components: Pulled pork • tortillas • peppers and beans. Nutrition estimate: ~1495 calories / 89 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 12 each 6-inch flour tortillas
- 0.75 lb Shredded Mexican blend cheese
- 3 each Bell peppers
- 0.5 lb Yellow onions
- 2 can Black beans
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 12 each 6-inch flour tortillas; 0.75 lb shredded mexican blend cheese; 3 each bell peppers; 0.5 lb yellow onions; 2 can black beans; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Teriyaki pulled-pork rice bowls

Teriyaki pulled pork with rice and mixed vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$17.23	\$3.45	15 min / 9 hrs

Components: Pulled pork • rice • frozen vegetables. Nutrition estimate: ~1418 calories / 71 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 8 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 8 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Cook the listed rice with twice its volume of water. Heat the listed vegetables and sauce; fold in pulled pork and heat to 165°F.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork taco rice bowls

Taco-style pulled pork over rice with beans, corn and salsa.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$17.52	\$3.50	15 min / 9 hrs

Components: Pulled pork • rice • beans and corn. Nutrition estimate: ~1452 calories / 75 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 8 oz Medium salsa
- 1 heart Romaine hearts
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 8 oz medium salsa; 1 heart romaine hearts; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork vegetable stew

A hearty one-pot stew with tender pulled pork, potatoes and vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$16.73	\$3.35	25 min / 9 hrs

Components: Pulled pork • potatoes • carrots and frozen vegetables. Nutrition estimate: ~1144 calories / 65 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 3 lb Russet potatoes
- 1 lb Carrots
- 0.5 bunch Celery
- 1 lb Frozen Normandy vegetables
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 3 lb russet potatoes; 1 lb carrots; 0.5 bunch celery; 1 lb frozen normandy vegetables; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. In a large pot, cook the listed carrots, celery and vegetables in 1 tablespoon oil with 6 cups broth or water. Simmer until tender, then stir in pulled pork and heat to 165°F.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork enchilada casserole

Pulled pork layered with tortillas, beans, salsa and cheese.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$21.20	\$4.24	20 min / 9 hrs

Components: Pulled pork • tortillas • beans and peppers. Nutrition estimate: ~1483 calories / 89 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 12 each 6-inch flour tortillas
- 2 can Black beans
- 2 each Bell peppers
- 12 oz Medium salsa
- 0.75 lb Shredded Mexican blend cheese
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 12 each 6-inch flour tortillas; 2 can black beans; 2 each bell peppers; 12 oz medium salsa; 0.75 lb shredded mexican blend cheese; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork sheet-pan plates

Pulled pork with roasted potatoes, peppers and broccoli.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.09	\$3.62	20 min / 9 hrs

Components: Pulled pork • potatoes • peppers and broccoli. Nutrition estimate: ~1074 calories / 65 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 2.5 lb Russet potatoes
- 2 each Bell peppers
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 2.5 lb russet potatoes; 2 each bell peppers; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.

2. Heat the oven to 425°F. Roast the listed potatoes and vegetables with 1 tablespoon oil until tender. Heat pulled pork separately to 165°F and serve together.

3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.

4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Slow-cooker pork chili verde bowls

Slow-cooked pork served over rice with beans and peppers.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.16	\$3.63	15 min / 9 hrs

Components: Pulled pork • rice • beans and peppers. Nutrition estimate: ~1408 calories / 74 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 2 each Bell peppers
- 10 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 can black beans; 2 each bell peppers; 10 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Place both tour portions of raw shoulder in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender; shred and reserve the juices.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Teriyaki pulled-pork rice plates

Teriyaki pulled pork with rice and roasted vegetables.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$17.23	\$3.45	20 min / 9 hrs

Components: Pulled pork • rice • frozen vegetables. Nutrition estimate: ~1418 calories / 71 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 8 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 8 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.

2. Heat the oven to 425°F. Roast the listed potatoes and vegetables with 1 tablespoon oil until tender. Heat pulled pork separately to 165°F and serve together.

3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.

4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork and black-bean burritos

Rice, pulled pork, beans and cheese wrapped into hearty burritos.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.97	\$3.99	20 min / 9 hrs

Components: Pulled pork • burrito tortillas • beans and romaine. Nutrition estimate: ~1870 calories / 97 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 10 each 8-inch flour tortillas
- 1 lb Long-grain white rice
- 2 can Black beans
- 0.75 lb Shredded Mexican blend cheese
- 1 heart Romaine hearts
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 10 each 8-inch flour tortillas; 1 lb long-grain white rice; 2 can black beans; 0.75 lb shredded mexican blend cheese; 1 heart romaine hearts; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.
2. Warm the listed tortillas or rice. Heat beans, peppers, corn and salsa until steaming; keep toppings in separate bowls.
3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.
4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

Pulled-pork fried rice with vegetables

Quick skillet fried rice with pulled pork, vegetables and egg.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$18.82	\$3.76	20 min / 9 hrs

Components: Pulled pork • rice • mixed vegetables. Nutrition estimate: ~1488 calories / 78 g protein per serving.

Ingredients

- 3.25 lb Boneless pork shoulder for pulled pork
- 1.25 lb Long-grain white rice
- 2 lb Frozen Normandy vegetables
- 0.5 dozen Large eggs
- 0.5 lb Yellow onions
- 4 oz Teriyaki sauce
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 3.25 lb boneless pork shoulder for pulled pork; 1.25 lb long-grain white rice; 2 lb frozen normandy vegetables; 0.5 dozen large eggs; 0.5 lb yellow onions; 4 oz teriyaki sauce; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. For a two-dinner tour, combine the 3.25 lb raw pork-shoulder portion from each selected recipe, 6.5 lb total, in slow cookers with 1 cup water and seasoning. Cook on LOW 8–10 hours until fork-tender, then shred. For one dinner, cook only its 3.25 lb portion.

2. Cook the listed rice and heat the vegetables in a large skillet. Add cooked pulled pork and the listed sauce; toss until steaming hot, at least 165°F.

3. Serve the Day 1 portion. Cool the Day 2 portion in a shallow container and refrigerate within 2 hours. On Day 2, reheat the pulled pork to 165°F, stirring it with a little reserved cooking liquid so it stays moist.

4. Finish the meal with the listed cheese, salsa, salad or other cold toppings just before serving. Keep raw-meat tools separate from serving utensils.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked pulled pork from the paired tour instead of starting another shoulder. Chicken is not a pork substitute in this two-day protein-pairing system.

Make ahead: Pulled pork is the make-ahead protein. At the start of a two-dinner tour, slow-cook both recipe portions together (about 6.5 lb raw shoulder for two five-serving dinners), shred, serve one portion, and chill the second portion promptly for Day 2.

Leftover storage and reheating: Refrigerate the cooked Day 2 portion in a shallow covered container within 2 hours. Use within 3–4 days. Reheat pulled pork to 165°F, adding reserved juices to prevent drying.

Pairing during the tour: Pair with another pulled-pork dinner. Cook both shoulder portions together once, divide after shredding, serve one on Day 1, and refrigerate the second portion promptly for Day 2.

SAUSAGE DINNERS

Sausage marinara spaghetti

Italian sausage and marinara with spaghetti and broccoli.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.68	\$3.94	15 min / 30 min

Components: Italian sausage • pasta • broccoli. Nutrition estimate: ~1418 calories / 63 g protein per serving.

Ingredients

- 2.5 lb Mild Italian sausage
- 1.5 lb Spaghetti / pasta
- 1 jar Marinara sauce
- 1.5 lb Frozen broccoli florets
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb mild italian sausage; 1.5 lb spaghetti / pasta; 1 jar marinara sauce; 1.5 lb frozen broccoli florets; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Bring a large pot of salted water to a boil. Add the listed amount of dry pasta and cook until just tender; drain, saving 1 cup of pasta water.
2. In a second pot or deep skillet, cook the listed meat until safely cooked through. Add the listed marinara or sauce and simmer 5 minutes.
3. Steam the listed vegetables until hot and tender. If using broccoli, add it to the pasta pot for the last 4 minutes.
4. Combine pasta and sauce. Add a splash of pasta water if needed, then serve with the vegetables.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Sausage and black-bean quesadillas

Sausage, black beans and cheese in crisp tortillas with romaine.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.89	\$3.98	20 min / 25 min

Components: Italian sausage • tortillas • romaine and beans. Nutrition estimate: ~1492 calories / 75 g protein per serving.

Ingredients

- 2.5 lb Mild Italian sausage
- 12 each 6-inch flour tortillas
- 2 can Black beans
- 0.75 lb Shredded Mexican blend cheese
- 2 heart Romaine hearts
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb mild italian sausage; 12 each 6-inch flour tortillas; 2 can black beans; 0.75 lb shredded mexican blend cheese; 2 heart romaine hearts; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Sausage and pepper pizza with salad

Two homemade pizzas with fresh dough, Italian sausage, peppers and mozzarella, served with kale salad.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$19.23	\$3.85	25 min / 55 min

Components: Italian sausage • homemade pizza dough • bell peppers and kale salad. Nutrition estimate: ~1528 calories / 64 g protein per serving.

Ingredients

- 1.5 lb All-purpose flour
- 0.25 oz Active dry yeast
- 1 tbsp Granulated sugar
- 1 tsp Table salt
- 2 tbsp Olive oil
- 1.75 lb Mild Italian sausage
- 0.75 jar Marinara sauce
- 0.75 lb Shredded mozzarella
- 2 each Bell peppers
- 1 lb Kale salad kit

Cook along

1. For five servings, gather 1.5 lb all-purpose flour, 0.25 oz active dry yeast, 1 tbsp sugar, 1 tsp salt and 2 tbsp olive oil. Stir the yeast and sugar into 1.5 cups warm water and wait 5 minutes. Mix in flour, salt and oil; knead 5 minutes, cover, and let rise 45–60 minutes.
2. Heat the oven to 475°F. Divide the dough into two balls and stretch each into a 12–14 inch round on oiled pans. Spread 0.75 jar marinara over the two crusts, leaving a small rim.
3. Brown 1.75 lb Italian sausage in a skillet until it reaches 160°F. Slice 2 bell peppers and cook them 4–5 minutes until just tender. Divide sausage, peppers and 0.75 lb mozzarella across the pizzas.
4. Bake one pizza at a time for 12–16 minutes, until the crust is browned and the center is hot. Serve with 1 lb kale salad kit prepared according to its package directions.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use cooked Italian sausage or mushrooms in place of fresh sausage. Keep the dough recipe and use any vegetables already on hand.

Make ahead: Mix and refrigerate the dough up to 24 hours, covered. Bring it toward room temperature while the oven preheats. Keep sausage raw and refrigerated until browning.

Leftover storage and reheating: Refrigerate leftover pizza within 2 hours. Store in a covered container for 3–4 days and reheat until steaming hot, or freeze slices.

Pairing during the tour: Pairs with another Italian-sausage dinner. Buy one sausage package and reserve the measured Day 2 amount before cooking Day 1.

Sausage and potato tacos

Crispy potato and sausage tacos with peppers and beans.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.04	\$4.01	20 min / 30 min

Components: Italian sausage • tortillas • peppers and beans. Nutrition estimate: ~1445 calories / 64 g protein per serving.

Ingredients

- 2.5 lb Mild Italian sausage
- 2.5 lb Russet potatoes
- 15 each 6-inch flour tortillas
- 2 each Bell peppers
- 2 can Black beans
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb mild italian sausage; 2.5 lb russet potatoes; 15 each 6-inch flour tortillas; 2 each bell peppers; 2 can black beans; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Kielbasa potato-vegetable skillet

Smoked sausage, browned potatoes and mixed vegetables in one pan.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.70	\$4.14	15 min / 35 min

Components: Smoked sausage • potatoes • frozen vegetables. Nutrition estimate: ~1126 calories / 47 g protein per serving.

Ingredients

- 2.5 lb Garlic smoked sausage
- 3 lb Russet potatoes
- 2 lb Frozen Normandy vegetables
- 0.5 lb Yellow onions
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb garlic smoked sausage; 3 lb russet potatoes; 2 lb frozen normandy vegetables; 0.5 lb yellow onions; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Dice the listed potatoes into ½-inch cubes. Microwave with a splash of water, covered, for 6–8 minutes to start them cooking.
2. Slice the listed sausage and onion. Brown them in a large skillet with 1 tablespoon oil.
3. Add potatoes and listed vegetables. Cook, turning occasionally, until browned and hot throughout.
4. Serve directly from the skillet with the listed vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Southwest sausage burrito bowls

Smoked sausage over rice with black beans, corn and peppers.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$22.84	\$4.57	15 min / 30 min

Components: Smoked sausage • rice • beans, corn and peppers. Nutrition estimate: ~1412 calories / 56 g protein per serving.

Ingredients

- 2.5 lb Garlic smoked sausage
- 1.25 lb Long-grain white rice
- 2 can Black beans
- 1 can Whole-kernel corn
- 2 each Bell peppers
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb garlic smoked sausage; 1.25 lb long-grain white rice; 2 can black beans; 1 can whole-kernel corn; 2 each bell peppers; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Sausage and white bean tomato pasta

Italian sausage pasta with tomatoes, white beans and broccoli.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$21.30	\$4.26	15 min / 30 min

Components: Italian sausage • pasta • tomatoes, beans and broccoli. Nutrition estimate: ~1604 calories / 79 g protein per serving.

Ingredients

- 2.5 lb Mild Italian sausage
- 1.25 lb Spaghetti / pasta
- 1 can Diced tomatoes
- 2 can Black beans
- 1.5 lb Frozen broccoli florets
- 0.5 lb Shredded mozzarella
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb mild italian sausage; 1.25 lb spaghetti / pasta; 1 can diced tomatoes; 2 can black beans; 1.5 lb frozen broccoli florets; 0.5 lb shredded mozzarella; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cook the listed pasta in salted boiling water until tender; drain.
2. Brown the listed sausage or chicken in a large pan until safely cooked. Add listed tomatoes/marinara and simmer 5 minutes.
3. Stir in listed beans or vegetables and cook until hot. Add cheese and toss with pasta.
4. Serve immediately with a vegetable side.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

Smoked sausage jambalaya-style rice skillet

A mild sausage and rice skillet with peppers, tomatoes and corn.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$20.64	\$4.13	20 min / 35 min

Components: Smoked sausage • rice • peppers, tomatoes and corn. Nutrition estimate: ~1308 calories / 48 g protein per serving.

Ingredients

- 2.5 lb Garlic smoked sausage
- 1.25 lb Long-grain white rice
- 2 each Bell peppers
- 1 can Diced tomatoes
- 1 can Whole-kernel corn
- 0.5 lb Yellow onions
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb garlic smoked sausage; 1.25 lb long-grain white rice; 2 each bell peppers; 1 can diced tomatoes; 1 can whole-kernel corn; 0.5 lb yellow onions; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Dice potatoes small; microwave with 2 tablespoons water, covered, for 6 minutes to soften.
2. Slice sausage or chop meat. Brown in a large skillet with 1 tablespoon oil and diced onion/pepper.
3. Add potatoes, rice or vegetables as listed. Cook, stirring, until browned and hot.
4. Serve directly from the skillet with the listed vegetable component.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Swap frozen vegetables for fresh, or substitute the same amount of chicken thigh for breast. Use pantry salsa/beans to replace a specialty sauce.

Make ahead: Measure dry ingredients and cut sturdy vegetables the day before. Portion raw meat into sealed, labeled meal packs; thaw in refrigerator, never on the counter.

Leftover storage and reheating: Refrigerate within 2 hours in shallow containers. Use within 3–4 days. Reheat leftovers to 165°F; bring soups and sauces to a simmer while stirring.

Pairing during the tour: Pair with a second dinner using the same protein. Hold Day 2 uncooked meat in the refrigerator only if cooking within 1–2 days; otherwise freeze. Share rice, tortillas, cheese, beans and vegetables.

OTHER DINNERS

Turkey chili over rice

A mild, hearty turkey chili with rice and sweet peppers.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$21.62	\$4.32	20 min / 45 min

Components: Ground turkey • rice • tomatoes and peppers. Nutrition estimate: ~968 calories / 67 g protein per serving.

Ingredients

- 2.5 lb Lean ground turkey
- 1 lb Long-grain white rice
- 2 can Black beans
- 2 can Diced tomatoes
- 2 each Bell peppers
- 1 oz Chili seasoning
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb lean ground turkey; 1 lb long-grain white rice; 2 can black beans; 2 can diced tomatoes; 2 each bell peppers; 1 oz chili seasoning; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Cut the listed vegetables into small, even pieces. In a large pot, heat 1 tablespoon oil and cook onion/celery/carrot 5 minutes.
2. Add the listed meat and brown it (or add cooked pulled meat at the end). Stir in tomatoes, beans, broth/water and seasoning. Bring to a boil, then reduce to a simmer.
3. Add potatoes, rice or other listed starch and simmer until tender and the meat is safely cooked. Add frozen vegetables for the final 10 minutes.
4. Taste, adjust seasoning, and serve hot. Keep any rice separate if holding leftovers.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Turkey loaded nachos

Turkey and bean nachos with corn, cheese and a crisp salad.

SERVES	COST / DINNER	PER PERSON	PREP / COOK
5	\$25.30	\$5.06	15 min / 25 min

Components: Ground turkey • tortilla chips • corn and romaine. Nutrition estimate: ~1440 calories / 86 g protein per serving.

Ingredients

- 2.5 lb Lean ground turkey
- 18 oz Tortilla chips
- 2 can Black beans
- 1 can Whole-kernel corn
- 0.75 lb Shredded Mexican blend cheese
- 2 heart Romaine hearts
- 8 oz Medium salsa
- 1 set Pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder

Cook along

1. For five servings, gather 2.5 lb lean ground turkey; 18 oz tortilla chips; 2 can black beans; 1 can whole-kernel corn; 0.75 lb shredded mexican blend cheese; 2 heart romaine hearts; 8 oz medium salsa; 1 set pantry seasoning set: 2 tbsp oil, 1 tsp salt, 1/2 tsp pepper, 1 tsp garlic powder. Set out the listed tortillas, rice, chips or potatoes, salsa and toppings. Drain and rinse canned beans unless the recipe says otherwise.
2. Cook the listed meat in a large skillet over medium-high heat, breaking ground meat into small pieces or slicing poultry/pork into strips. Cook ground poultry and beef to safe temperature; cook whole cuts to safe temperature.
3. Add the listed peppers and onions and cook until tender-crisp. Stir in the listed beans, corn, tomatoes, or salsa and simmer until hot.
4. Warm tortillas, rice or chips; finish with the listed cheese and lettuce. Serve toppings separately so firefighters can build plates quickly.

Equipment: Large skillet or Dutch oven, sheet pan/pot as needed, instant-read thermometer, cutting board and knife.

Substitutions: Use frozen broccoli or Normandy vegetables when fresh produce is unavailable; swap rice and potatoes within the meal style. Use chicken thighs for breast to reduce cost.

Make ahead: Measure dry goods and seasonings in advance. Wash/cut sturdy vegetables up to one day ahead; keep them covered and refrigerated. Keep raw meat sealed on the lowest refrigerator shelf until cooking.

Leftover storage and reheating: Refrigerate leftovers in shallow containers within 2 hours (1 hour above 90°F). Use refrigerated leftovers within 3–4 days. Reheat to 165°F, stirring or rotating for even heating.

Pairing during the tour: Choose a second dinner using the same primary protein for this tour. Keep Day 2 raw meat sealed and refrigerated, or freeze it if it will not be cooked within 1–2 days. Share dry goods, cheese, salsa and frozen vegetables across both meals.

Core 20 two-day meal pairings

Tour	Day 1	Day 2	Food used / tour	Per person / tour
1	Lemon-garlic chicken with roasted potatoes	BBQ chicken sandwiches with slaw	\$35.05	\$7.01
2	Chicken fajita tacos with black beans	Chicken enchilada rice bake	\$41.94	\$8.39
3	Sheet-pan chicken, peppers and rice	Teriyaki chicken rice bowls	\$34.71	\$6.94
4	Chicken quesadillas with beans	Southwest chicken burrito bowls	\$38.82	\$7.76
5	Chicken Alfredo spaghetti with broccoli	Italian chicken spaghetti with kale salad	\$38.65	\$7.73
6	Chicken taco nacho platters	Southwest loaded chicken potatoes	\$46.40	\$9.28
7	Meatloaf with mashed potatoes and vegetables	Grilled cheeseburgers with potato wedges	\$52.86	\$10.57
8	Ground-beef taco bar	Beef burrito bowls	\$56.26	\$11.25
9	Meat-sauce spaghetti with broccoli	Beef and broccoli stir-fry rice bowls	\$52.18	\$10.44
10	Beef enchilada skillet	Crispy beef quesadillas	\$56.76	\$11.35
11	Sloppy Joes with potatoes and slaw	Mexican stuffed peppers	\$56.67	\$11.33
12	Turkey chili over rice	Turkey loaded nachos	\$46.92	\$9.38
13	Slow-cooker pulled pork sandwiches	Pulled-pork carnitas tacos with rice	\$39.33	\$7.87
14	Smoky pulled-pork rice plates	Teriyaki pulled-pork rice bowls	\$33.87	\$6.77
15	Pulled-pork burrito bowls	Pulled-pork taco rice bowls	\$35.80	\$7.16
16	Pulled-pork vegetable stew	Pulled-pork loaded potatoes with broccoli	\$32.62	\$6.52
17	Pulled-pork fajita quesadillas	Pulled-pork enchilada casserole	\$42.31	\$8.46
18	Sausage and pepper pizza with salad	Sausage marinara spaghetti	\$38.91	\$7.78
19	Sausage and black-bean quesadillas	Sausage and potato tacos	\$39.93	\$7.99
20	Kielbasa potato-vegetable skillet	Southwest sausage burrito bowls	\$43.54	\$8.71

Food safety

Chicken 165°F; ground beef, pork and turkey 160°F; whole pork cuts 145°F plus 3-minute rest. Refrigerate within 2 hours (1 hour above 90°F). Reheat leftovers to 165°F. Cool in shallow containers; keep raw meat below ready-to-eat foods.