

FIREHOUSE KITCHEN QUICK REFERENCE

A fast station guide for meal selection, prep, safe storage and shared supplies.

What can we make tonight?

1. Check the freezer for a protein already thawed safely. 2. Match it to the ingredient-to-recipe crosswalk in the Costco Shopping Guide workbook. 3. Choose rice, potatoes, pasta or tortillas already in stock. 4. Add frozen vegetables or canned beans. 5. If a call interrupts, turn off burners and move food to refrigeration if it cannot be safely monitored.

15-minute active-work dinners

Teriyaki chicken rice bowls • \$3.30/person estimated • 15 active minutes

Glazed chicken over rice with a generous portion of mixed vegetables. Cook the listed meat in a skillet or grill pan until it reaches the safe temperature. Stir in the listed sauce or seasoning.

Grilled cheeseburgers with potato wedges • \$5.38/person estimated • 20 active minutes

Grilled burgers with cheese, potato wedges and a fresh salad. Form the listed ground meat into five patties or prepare the listed pieces. Grill, turning once, until the center reaches the safe temperature.

Beef and broccoli stir-fry rice bowls • \$4.94/person estimated • 15 active minutes

Quick skillet beef with broccoli and rice in a savory sauce. Heat a large skillet until hot. Brown the listed ground meat, breaking it into small pieces; remove excess fat if needed.

Sausage marinara spaghetti • \$3.94/person estimated • 15 active minutes

Italian sausage and marinara with spaghetti and broccoli. 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.

Sausage and pepper pizza with salad • \$3.85/person estimated • 25 active minutes

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

Sausage and white bean tomato pasta • \$4.26/person estimated • 15 active minutes

Italian sausage pasta with tomatoes, white beans and broccoli. Brown the listed sausage or chicken in a large pan until safely cooked. Add listed tomatoes/marinara and simmer 5 minutes.

Budget-friendly dinners under \$5 per person (estimated)

Based on ingredient value used at the reference prices; actual prices and serving appetites vary. Lemon-garlic chicken with roasted potatoes (\$3.03/person) • Chicken fajita tacos with black beans (\$3.91/person) • BBQ chicken sandwiches with slaw (\$3.98/person) • Chicken enchilada rice bake (\$4.48/person) • Teriyaki chicken rice bowls (\$3.30/person) • Chicken quesadillas with beans (\$3.89/person) • Chicken Alfredo spaghetti with broccoli (\$3.54/person) • Southwest chicken burrito bowls (\$3.87/person) • Sheet-pan chicken, peppers and rice (\$3.64/person) • Chicken taco nacho platters (\$4.84/person) • Italian chicken spaghetti with kale salad (\$4.19/person) • Southwest loaded chicken potatoes (\$4.44/person) • Beef and broccoli stir-fry rice bowls (\$4.94/person) • Turkey chili over rice (\$4.32/person) • Slow-cooker pulled pork sandwiches (\$4.02/person) • Pulled-pork carnitas tacos with rice (\$3.84/person) • Smoky pulled-pork rice plates (\$3.33/person) • Pulled-pork burrito bowls (\$3.66/person) • Pulled-pork loaded potatoes with broccoli (\$3.18/person) • Pulled-pork fajita quesadillas (\$4.22/person) • Teriyaki pulled-pork rice bowls (\$3.45/person) • Pulled-pork taco rice bowls (\$3.50/person) • Pulled-pork vegetable stew (\$3.35/person) • Pulled-pork enchilada casserole (\$4.24/person) • Sausage marinara spaghetti (\$3.94/person) • Sausage and black-bean quesadillas (\$3.98/person) • Sausage and pepper pizza with salad (\$3.85/person) • Sausage and potato tacos (\$4.01/person) • Kielbasa potato-vegetable skillet (\$4.14/person) • Southwest sausage burrito bowls (\$4.57/person) • Oven-baked ranch chicken thighs (\$3.39/person) • Chicken tortilla soup (\$3.91/person) • BBQ chicken baked potatoes (\$3.62/person) • Chicken and vegetable fried rice (\$3.45/person) • Creamy chicken and broccoli rice bake (\$3.27/person) • Grilled chicken fajita plates (\$3.75/person) • Chicken parmesan spaghetti (\$4.51/person) • Chicken taco stuffed potatoes (\$4.17/person) • Beef and potato skillet (\$4.99/person) • Pulled-pork sheet-pan plates (\$3.62/person) • Slow-cooker pork chili verde bowls (\$3.63/person) • Teriyaki pulled-pork rice plates (\$3.45/person) • Pulled-pork and black-bean burritos (\$3.99/person) • Pulled-pork fried rice with vegetables (\$3.76/person) • Sausage and white bean tomato pasta (\$4.26/person) • Smoked sausage jambalaya-style rice skillet (\$4.13/person)

Simple station operating plan

Before shopping: Check Tour Planner choices, count pantry/freezer stock, note the next crew's needs, and add only the net shortfall. Buy perishables close to the tour. Divide meat into recipe-sized sealed packs and label name/date/weight.

Prep: Assign a meal lead and a cleanup partner. Set out the thermometer, separate raw-meat and ready-to-eat boards, measure dry goods, and start long-cook items early. Keep Day 2 meat sealed and raw until cooking unless it is cooked ahead and promptly chilled.

Interruptions: Turn off stove burners and ovens before leaving if food cannot be monitored. Slow cookers may continue only if station policy allows and appliance is functioning safely. Refrigerate perishable food within 2 hours; do not leave food in a warm oven or switched-off slow cooker.

Shared pantry fairness: Record purchases and food used by tour. Keep staple inventory visible. Agree on a per-person contribution from ingredient cost consumed, or rotate who buys and reconcile monthly.

Printable recipe cards

Each card below is a five-serving quick card. Scale recipe quantities by crew size ÷ 5. Full cook-along directions are in the cookbook.

Chicken fajita tacos with black beans

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Teriyaki chicken rice bowls

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Southwest chicken burrito bowls

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Ground-beef taco bar

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Beef burrito bowls

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Turkey loaded nachos

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Pulled-pork carnitas tacos with rice

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Pulled-pork burrito bowls

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Pulled-pork enchilada casserole

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Sausage and black-bean quesadillas

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Southwest sausage burrito bowls

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

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

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

Steps:

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.

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.

Substitute: 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.

Leftovers: 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.

Chicken and vegetable fried rice

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

Fast fried rice with chicken, egg and frozen vegetables.

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

Steps:

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.

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.

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

Leftovers: 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.

Costco station pantry checklist

Item	Target stock	On hand	Buy?
Rice	10–25 lb	_____	■
Black beans	4–8 cans	_____	■
Frozen vegetables	1–2 bags	_____	■
Tortillas	10–40	_____	■
Shredded cheese	1–5 lb	_____	■
Salsa	1 jar	_____	■
Pasta	2–9 lb	_____	■
Oil / salt / pepper / garlic	1 set	_____	■
Canned tomatoes / corn	2–8 cans each	_____	■
Freezer protein portions	2+ labeled meals	_____	■

Temperature and safe handling

Safe minimum internal temperatures: chicken and other poultry 165°F; ground beef, pork and turkey 160°F; whole cuts of pork 145°F plus a 3-minute rest. Use a thermometer in the thickest part, away from bone.

Cooling: refrigerate within 2 hours (1 hour if ambient temperature exceeds 90°F). Divide into shallow containers; do not cool a large stockpot on the counter.

Reheating: heat leftovers to 165°F. Stir soups/sauces; rotate casseroles if using a microwave. Use refrigerated leftovers within 3–4 days or freeze promptly.

Cross-contamination: raw meat on the bottom shelf in a leakproof tray. Wash hands, knives, boards and counters after raw meat. Never put cooked food on a plate that held raw meat.

Fast substitutions

If unavailable	Use instead
Fresh broccoli	Frozen broccoli or Normandy vegetables
Bell peppers	Frozen pepper/onion blend or extra onion
Chicken breast	Boneless thighs, same raw weight
Rice	Pasta, potatoes or tortillas appropriate to the meal
Black beans	Pinto beans or kidney beans
Salsa	Diced tomatoes plus taco seasoning
Mexican cheese	Mozzarella or cheddar
Day 2 crew call changes plans	Freeze uncooked protein; move dinner to next tour. Do not thaw on counter.