

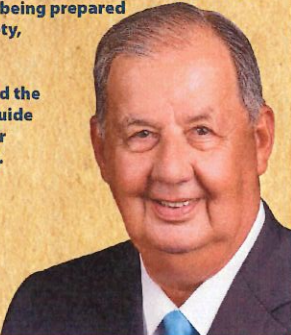
HIDALGO COUNTY JUDGE,  
HIDALGO COUNTY EMERGENCY MANAGEMENT  
AND HIDALGO COUNTY FIRE MARSHAL

PRESENT



As the Director of Emergency Management, I urge you to prioritize emergency preparedness. Disasters, whether natural or manmade, can significantly impact lives and property, but being prepared can mitigate fear, anxiety, and losses.

To assist you, we created the "Power Out Cooking" guide with recipes and tips for cooking without power. This resource includes information on alternative fuels and safety tips for emergencies. Stay prepared, stay safe, and always be attentive to reputable media sources.



RICHARD F. CORTEZ  
HIDALGO COUNTY JUDGE



Puede encontrar recetas y sugerencias de seguridad para cocinar durante situaciones de emergencia en:

APAGON ELÉCTRICO  
COCINANDO EN LA OSCURIDAD

RICARDO SALDAÑA  
EMERGENCY MANAGEMENT  
COORDINATOR



HOMERO GARZA  
HIDALGO COUNTY  
FIRE MARSHAL



For more info visit:  
Para más información visite:  
[hidalgocounty.us](http://hidalgocounty.us)

HIDALGO COUNTY  
COMMISSIONERS



Judge Cortez's Flash Flood Fideo:  
A Storm-Ready Favorite

RICHARD F. CORTEZ  
HIDALGO COUNTY JUDGE



**FLASH FLOOD FIDEO**

**Ingredientes:**

- 1 pkg. (8 oz) Fideo (vermicelli) pasta
- 2 tbsp cooking oil
- 4 tbsp onion, chopped
- 1 tbsp garlic, minced/chopped
- 1 tomato, chopped
- 1/2 tsp pepper, crushed and cut into strips or slices
- 1/2 tsp cumin powder
- 1 tsp salt
- 1 can (8 oz) tomato sauce, no salt
- 1 can (10 oz) tomato sauce, no salt
- 4 cups of chicken broth, low sodium
- 2 cans (10 oz) of chicken
- 2 tbsp cilantro, chopped
- salt and black pepper to taste

**Try these optional too!**

- Instead of onion slices, use the onion powder.
- For a hot sauce, use crushed red pepper instead of onion slices.
- Use a vegetable oil, try olive oil.
- Use a vegetable oil, try olive oil.

**Makes 3 to 4 servings**

**Instructions:**

- Boil water for fideo and add salt to taste. Drain the fideo and add to a large bowl.
- Add the cooking oil to a large skillet and heat on medium heat.
- Add the onion, garlic, and pepper to the skillet and cook for 2 minutes.
- Add the tomato, cumin powder, and salt to the skillet and cook for 2 minutes.
- Add the chicken to the skillet and cook for 2 minutes.
- Add the tomato sauce, chicken broth, and fideo to the skillet and cook for 2 minutes.
- Add the cilantro and pepper to the skillet and cook for 2 minutes.
- Season with salt and black pepper to taste.

**INUNDACIÓN REPENTINA DE FIDEO**

**Ingredientes:**

- 1 pkg. (8 oz) de fideo
- 2 cda. de aceite de cocinar
- 4 cda. de cebolla, picada
- 1 cda. de ajo, picado
- 1 tomate, picado
- 1/2 de chile morrón, sin semillas y cortado en finas o rodajas
- 1 hoja de laurel
- 1 lra (8 oz) de salsa de tomate, sin sal
- 6 tazas de caldo de pollo, bajo en sodio
- 2 lras (10 oz) de pollo enlatado
- 2 cda. de cilantro, picado
- sal y pimienta negra para probar, al gusto
- 1 limón

**Rinde de 3 a 4 porciones**

**Ingredientes:**

- 1/2 taza de queso manchego, rallado
- 1/2 taza de queso cheddar, rallado
- 1/2 taza de queso mozzarella, rallado
- 1/2 taza de queso parmesano, rallado
- 1/2 taza de queso ricotta, rallado
- 1/2 taza de queso crema, rallado
- 1/2 taza de queso mascarpone, rallado
- 1/2 taza de queso gorgonzola, rallado
- 1/2 taza de queso brie, rallado
- 1/2 taza de queso camembert, rallado
- 1/2 taza de queso blue, rallado
- 1/2 taza de queso feta, rallado
- 1/2 taza de queso cotija, rallado
- 1/2 taza de queso queso de bola, rallado
- 1/2 taza de queso queso de panela, rallado
- 1/2 taza de queso queso de flor, rallado
- 1/2 taza de queso queso de cabra, rallado
- 1/2 taza de queso queso de vaca, rallado
- 1/2 taza de queso queso de asno, rallado
- 1/2 taza de queso queso de mula, rallado
- 1/2 taza de queso queso de burro, rallado
- 1/2 taza de queso queso de vaca, rallado
- 1/2 taza de queso queso de asno, rallado
- 1/2 taza de queso queso de mula, rallado
- 1/2 taza de queso queso de burro, rallado

Master Chefs' Recipes

**LIGHTNING FAST CHICKEN TACOS**

**Ingredientes:**

- 3 cans (10 oz) chicken, shredded
- 1/4 tsp. black pepper
- 1 can (8 oz) can tomato sauce, no salt
- 1/2 cup low sodium chicken broth or water
- 1 or 2 lemons
- 1/2 tsp. cumin powder
- 2 tsp. garlic powder
- 2 tsp. salt or kosher seasoning
- 2 tsp. onion powder
- 2 tsp. onion powder
- 6 to 8 tortillas, your choice

**Makes 6 to 8 tacos**

**Instructions:**

- Drain chicken, rinse in cold water, drain again.
- Add broth and tomato sauce to a medium skillet. Stir in black pepper, cumin, garlic, onion, and onion powder until well-mixed. Simmer sauce for 2 minutes.
- Add the shredded chicken, stir lightly to mix well, and simmer for 5 minutes.
- Add more to warm tortillas of your choice or taco shells.
- Squeeze a little lemon juice over each taco.

Garnish with avocado, chopped tomato, jalapeño slices, purple onion, or cilantro.

RICARDO SALDAÑA  
EMERGENCY MANAGEMENT  
COORDINATOR



Chief Saldaña's Lightning Fast Chicken Tacos: Quick Bites for Backout Nights

**TACOS DE POLLO RELAMPAGO**

**Ingredientes:**

- 3 lras (10 oz) de pollo, desmenuado
- 1/4 cda. de pimienta negra
- 1 lra (8 oz) de salsa de tomate, sin sal
- 1/2 taza de caldo de pollo bajo en sodio o agua
- 1 o 2 limones
- 2 cda. de cilantro, picado
- 2 cda. de queso manchego, rallado
- 6 a 8 tortillas, sin gluten

**Instrucciones:**

- Escurrir el pollo, enjuagar con agua fría y escurrir nuevamente en polvo hasta que estén bien mezclados. Cocine la salsa y agregue el pollo desmenuado, revuelva ligeramente para mezclar bien y cocine a fuego lento durante 5 minutos.
- Agregue la mezcla a las tortillas calientes de su elección.
- Exprime un poco de jugo de limón sobre cada taco.

Adorne los tacos con aguacate, tomate picado, rodajas de jalapeño, cebolla morada o cilantro.

Rinde de 6 a 8 tacos

**HOMERO GARZA  
HIDALGO COUNTY  
FIRE MARSHAL**

Recetas de Cocineros Maestros

Fire Marshal's High Heat Migas: A Sizzling Power Outage Solution

**HIGH HEAT MIGAS**

**Ingredientes:**

- 4 to 5 tbsp. cooking oil
- 4 (3 to 4 oz) tortillas, torn to small pieces by hand
- 1 tbsp. white onion, sliced
- 1 tbsp. green onion, sliced
- 1 tsp. of garlic, minced
- 1/4 cup sliced tomato and green chiles (your choice)
- 3 tbsp. tomato sauce, no salt
- 2 large eggs, lightly beaten
- salt and black pepper to taste
- 1/4 cup grated cheese, your choice\*\*

**Instructions:**

- In a large skillet, preheat cooking oil on medium-high heat for a few minutes.
- Add the tortilla to the skillet, stir and cook evenly.
- Cook for 2 to 3 minutes until the tortillas are slightly crispy, stir as needed.
- Add the onion and garlic, stir lightly, and cook for 2 to 3 minutes.
- Mix in the sliced tomatoes and green chiles plus tomato sauce, cook for 2 minutes on low to medium heat.
- Add the eggs, season with salt and pepper. Stir until eggs are cooked to your liking.

Garnish with salsa, avocado, jalapeño slices, or cilantro.

\*\*Power Out Ready omit eggs and cheese

Makes 3 to 4 servings

**MIGAS DE ALTO CALOR**

**Ingredientes:**

- 4 a 5 cda. de aceite de cocinar
- 4 tortillas de maíz (de 5 a 6 pulgadas), rotas a mano en trozos pequeños
- 1 cda. de cebolla blanca, picada
- 1 cda. de cebolla verde, picada
- 1 cda. de ajo, picado
- 1/4 taza de tomate cortado en cubitos y chiles verdes entera, de su elección
- 3 cda. de salsa de tomate, sin sal
- 2 huevos grandes, ligeramente batidos\*\*
- sal y pimienta negra al gusto
- 1/4 taza de queso rallado, su elección\*\*

**Instrucciones:**

- En un sartén grande, precaliente el aceite de cocina a fuego medio-alto durante unos minutos.
- Agregue las tortillas rotas al sartén y revuelva para cubrirlos uniformemente.
- Cocine de 5 a 7 minutos hasta que las tortillas estén ligeramente crujientes, revolviendo según sea necesario.
- Agregue las cebollas y el ajo, revuelva ligeramente y cocine de 2 a 3 minutos.
- Incorpore las tomates cortados en cubitos y chiles verdes, le salsa de tomate y cocine durante 2 minutos a fuego medio a bajo.
- Agregue los huevos, sazón con sal y pimienta. Revuelva hasta que los huevos estén cocidos a su gusto.

Adorne con salsa, aguacate, trozos de jalapeño y cilantro.

Rinde de 3 a 4 porciones

\*\*Listo para usar en un apagon omite huevos y queso

¡Encuentre estas recetas y MÁS de Apogón Eléctrico Cocinando en la Oscuridad en nuestro libro de cocina digital!



Find these and MORE Power Out Cooking recipes in our digital cookbook!

# POWER outage?



When a hurricane is approaching and a power outage is possible, prioritize cooking foods currently in your fridge that may spoil first and stock your pantry with foods that do not require refrigeration. When power is out, prioritize preparing meals that can be made using alternative fuels.

The Power Out Cooking Recipe Book has both recipes and a shopping list!



## try ALTERNATIVE fuels

If you turn to alternative fuels for cooking, make sure you're safe from the silent threat of carbon monoxide (CO) poisoning.



Crack a window open when in doubt!

¡Abra una ventana en caso de duda!

(except during a storm)

(excepto durante una tormenta)

Si decide usar combustibles alternativos para cocinar, asegúrese de mantenerse a salvo de la amenaza silenciosa del envenenamiento por monóxido de carbono (CO).



## COOKING WITH ALCOHOL SAFETY TIPS

The three most common types of alcohol for alcohol cooking:

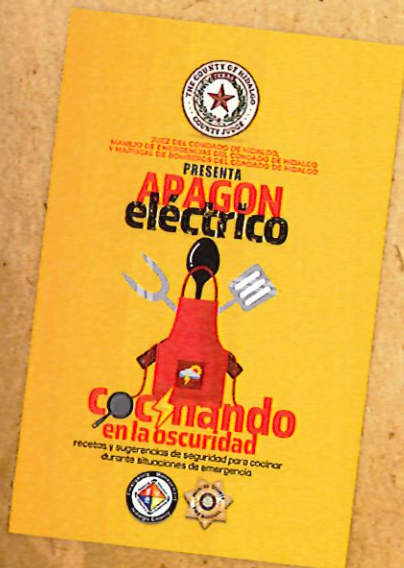
- Denatured,
- Ethanol, and
- Rubbing Alcohol



Pure forms of alcohol can be safely burned indoors with a little ventilation. However, use caution as some forms may be toxic such as methanol (wood alcohol) which can be harmful if absorbed through the skin or inhaled.



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## COOKING WITH BUTANE SAFETY TIPS

Store canisters in a cool place, away from any flames.

Use pots and pans that fit the size of the cooking grate on the stove, so the gas canister does not overheat and explode.

Avoid wrapping aluminum foil on or around the burner, doing so can cause the foil to melt, catch fire, or emit harmful fumes.

After use, remove the gas canister from the stove and cap it; even if it's empty.



## CANNED HEAT FIRE SAFETY TIPS

Cooking indoors safely is simpler than you may realize. The key is to select the appropriate combination of device and fuel for indoor cooking.

Canned heat is safe to burn indoors with adequate ventilation. It stores nicely and is a good option to safely heat foods indoors during a power outage.



AVAILABLE IN ENGLISH AND SPANISH



### How to store?

- Keep propane cylinders outside, away from direct sunlight, even if empty.
- Store them upright on a flat, level surface.
- Do not expose cylinders to heat above 120 °F.
- Propane must not be left in a closed vehicle, trunk, shed, or garage.

Always cook in well-ventilated areas, especially when using propane. Whether you're indoors or outdoors, ensure there's plenty of fresh air.

Happy cooking, and stay safe!

## COOKING WITH PROPANE SAFETY TIPS

