



GASTAILGATING GUIDE



KICKOFF

ARE YOU READY TO KICK OFF YOUR TAILGATE?

- Know the tailgating rules for the stadium.
- Make sure you have enough propane.
 Pick up a ready-to-grill Blue Rhino tank at Walgreens!
- Don't forget accessories like tongs and paper goods.
- Walgreens has a great selection of snacks and drinks.
- Prep meat ahead of time and keep it on ice during transportation to ensure freshness.
- Arrive early to start up the grill.

DEFENSE

IN FOOTBALL, DEFENSE WINS CHAMPIONSHIPS IN GRILLING, DEFENSE MEANS SAFETY.

- Secure your tank upright when transporting, in a well-ventilated area of your vehicle. Drive directly to where it will be used. Do not allow tank to sit in a vehicle unattended.
- Inspect grill and tank before each use. Check tank for leaks before cooking using soapy water.
- · Always keep tanks upright.
- Never move a grill that is in use.
- Never allow children to operate a grill or play around a grill.
- Have a fire extinguisher handy.
- Place the grill in an open area away from vehicles and children.
- Before heading into the stadium, make sure the grill control knobs are turned to off and the tank valve is closed.



OFFENSE

IN FOOTBALL, THE RIGHT OFFENSE PUTS POINTS ON THE BOARD. THE RIGHT RECIPE FOR YOUR TAILGATE WILL MAKE FOR A **WINNING EVENT!**

SOUTHWEST CHEESEBURGERS

DIRECTIONS MAKES: 4 SERVINGS PREP TIME: 15 MINUTES **COOK TIME: 20-30 MINUTES**

- 1. Preheat grill to medium.
- 2. Combine ground beef, green onions and cumin in medium bowl, mixing lightly but thoroughly.
- 3. Lightly shape into four 1/2-inch thick patties.
- 4. Place patties on grid and grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning occasionally.
- 5. Season with salt and pepper, as desired.
- 6. Place burger on bottom of each bun; top with cheese and tomato.
- 7. Close sandwiches.

Photo and Recipe Courtesy of The Beef Checkoff BeefItsWhatsForDinner.com.



INGREDIENTS

- 1 pound ground beef (75% to 80% lean)
- 1/4 cup finely chopped green onions
- 1/2 teaspoon ground cumin
- Salt and pepper
- 4 hamburger buns, split, toasted
- 1/4 cup shredded Mexican cheese blend
- 1/2 cup chopped tomato

FIRECRACKER BURGERS WITH COOLING LIME SAUCE



- 1-1/2 pounds ground beef
- · 6 sesame seed sandwich rolls, split, toasted
- 1 cup watercress or mixed spring greens

SEASONING

- 1 tablespoon curry powder
- 1 tablespoon Caribbean jerk seasoning
- 1 teaspoon salt

SAUCE

- 1/2 cup reduced-fat mayonnaise
- 1/4 cup low-fat plain yogurt
- 1 tablespoon fresh lime juice
- 2 teaspoons grated lime peel
- 1/4 teaspoon salt

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DIRECTIONS MAKES: 6 SERVINGS PREP TIME: 35 MINUTES **COOK TIME: 8-10 MINUTES**

- 1. Combine ground beef and seasoning ingredients in large bowl, mixing lightly but thoroughly.
- 2. Shape into six 1/2-inch thick patties.
- 3. Place patties on grid over medium, ash-covered coals.
- 4. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
- 5. Meanwhile combine sauce ingredients in small bowl; set aside.
- 6. Spread sauce on cut sides of rolls. Place one burger on bottom half of each roll; top evenly with watercress.
- 7. Close sandwiches and enjoy



For more tailgating tips and recipes, visit BlueRhino.com

