



We provide the soil  
and the nest  
where they  
**BECOME THEIR BEST!**



## Mighty Eagles Birds Eye View

MONTHLY NEWSLETTER

**HAPPY NEW YEAR!  
Welcome 2019!**



- Center closed on January 1st for New Year's Day.
- Center closed on January 21st for Martin Luther King Jr. Day.



### Weekly Activities

- January 3 - Mix Match day!
- January 8 - Crazy Hair day!
- January 18 - Disney day!
- January 23 - Twin day!
- January 29 - Hat day!

### Recipe

#### *Homemade Beef Stew*

#### Ingredients

- 3 tbsp olive oil
- 2 tbs butter
- 3 lb chuck roast cut into 1" cubes
- 1 medium onion, diced
- 3 cloves garlic minced
- 1/3 c all purpose flour

**NUTRITIOUS MEALS** Nutrition is important for the growth and development of children. Your child will be served a morning snack, lunch, and afternoon snack recommended by the USDA foods guidelines. You will need to provide food for your infant/toddler if they are not eating table food. There will be a monthly menu posted. We require that infants have ready made bottles with their name on it. Our lunch menus are made to see the whole month in advance!

**ALLERGIES** Due to severe allergic reactions that may be caused from peanut based products, we are a peanut free facility. As a preventative measure, we ask that your child does not bring any peanut based products to school.

## Holiday Safety!

You may be out late celebrating the New Year. Welcome it in safety with these tips.

### **Do: Plan a Ride in Advance**

On average, driving accidents rise during the holidays, so it's crucial to have a safe ride on a night when so many people are out and about. Don't assume you'll be able to hail a cab. Know your options in advance and decide whether you'll take public transportation, use a ridesharing service or carpool with your friends.

### **Fireworks Safety Tips**

If fireworks are legal where you live, keep these safety tips in mind:

- 1/3 c fresh italian parsley chopped
- 6 sprigs thyme
- 3 leaves bay
- 4 whole cloves
- 1 tbsp smoked or sweet paprika
- 1 pinch red pepper flakes
- 1.25 qt water, filtered
- 3/5 c frozen green peas- thawed
- 1 c cherry tomatoes, diced
- 3/4 lb gnocchi or golden potatoes ( diced )
- 2 carrots, sliced

### Instructions

1. Heat up a large cast iron dutch oven over medium flame. Season the beef cubes with sea salt and black pepper and toss to coat well with 2 tablespoon of olive oil. Working in batches so you don't overcrowd the pan, brown the beef in the hot pot. Transfer to a bowl and keep warm.
2. Add the 2 tbs butter and a lug of olive oil to the pot and sautee the chopped onions until

- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800°F (982°C) — hot enough to melt gold.
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translucent (about 5 min). Add the garlic and red pepper flakes and cook one more min. Stir in the flour and paprika and cook for another minute or so making sure not to burn it.

3. Deglaze the pot with the warm water whisking as you add it to break up any lumps that might form. Bring to a simmer. Add the beef cubes back to the pot, the bay leaf, whole cloves and thyme. Cover with a tight lid and allow it to simmer together for 2 1/2 hours stirring occasionally.
4. Add the potatoes and carrots to the stew, turn the flame up to med-low and simmer partially covered for another 20 minutes or so until the potatoes are cooked through. Remove from heat. If using potato gnocchi add them in the last 5 minutes of cooking or boil separately then add them to

the stew.

5. Add the tomatoes and peas and give the stew a good stir. Cover with the lid for a few minutes until the tomatoes release their juices and the peas are just heated through.

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