

May 2023



**ABLE COIL**  
& ELECTRONICS

Issue #12



Custom is our standard

## May Newsletter

### MAY = RELIABILITY

The days are longer, the nights are warmer, and we can finally put our heavy coats and gloves back in the closet. Spring is here!

For the month of May, we focus on **Reliability**.

Dependable, honest, responsible, and trustworthy are all words that come to mind when we think of being **reliable**.

We depend on our cars to get us to work, reliable internet, cell phones, friends, and family to just name a few.

As a core value, **reliable** not only applies to your coworkers, but is also the foundation of why customers chose Able Coil as a business partner.

Teams that consistently deliver **reliable** results, are leaders in their industry.

*“Pride yourself in being someone for whom others can turn to. **Reliability** is a quality to be admired.”*

– Unknown



Building A



#### ABLE BIRTHDAYS:

- Maria Figueroa- May 4<sup>th</sup>
- Paul Asvestas – May 8<sup>th</sup>
- Mark Page- May 9<sup>th</sup>
- Carmen Vega- May 12<sup>th</sup>
- Nathan Hettinger – May 18<sup>th</sup>
- Lorraine Quintana – May 24<sup>th</sup>



Happy Birthday Maria, Carmen, and Lorraine!

#### ABLE ANNIVERSARIES:

- Cristian Marrero- 4 years
- Emily Morey- 3 years
- Christine Corcoran – 2 years
- Myron Moroz- 1 year



Gladys Robles and Michael Torres from Inspection.

### APRIL IPAD WINNERS!

We will raffle another 5 IPADS for each building at the next Pizza Friday in May.



Building A: Yoshabel Figueroa, Lidia Alvarez (not pictured: Nate Hettinger, Michael Torres, and Jeremy Haddock)



Building B: Jahaira Torres, Yoshimi Gurry, Teresa Breault (not pictured: Patrick Parnell and Claudette Gopole)





### The History of Cinco de Mayo, May 5<sup>th</sup>

1. Is not Mexico's Independence Day.
2. Commemorates Mexico's victory over the French at The Battle of Puebla on May 5, 1862
3. Mexican Army was outnumbered by French. 2,000 Mexican soldiers to 6,000 French and they still won!
4. Americans eat millions of Avocados on May 5<sup>th</sup> (80 million to be exact!)
5. Festive "Mexican" foods in U.S. are not actually Mexican. Ground beef tacos, nachos and burritos are considered "Tex-Mex" popularized in Texas.



## TACO CASSEROLE

### Ingredients:

- 1 tbsp. vegetable oil
- 2 red and/or yellow bell peppers, stemmed, seeded and thinly sliced
- 1 yellow onion, thinly sliced
- 1 poblano pepper, stemmed, seeded and chopped
- 3 garlic cloves, chopped 1 1/2 lb. lean ground beef
- 1-oz. packet taco seasoning
- 10-oz. can mild diced tomatoes and green chiles (such as Rotel), drained
- 15-oz. can black beans, drained and rinsed
- 1 cup corn kernels, fresh or frozen
- 1 1/2 tsp. kosher salt Nonstick cooking spray
- 13-oz. bag round tortilla chips, plus more for serving
- 8-oz. bag shredded Mexican-style cheese blend

*TOPPINGS:* lettuce, pico de gallo, avocado, cilantro, sour cream, black olives, hot sauce

### Instructions:

1. Preheat the oven to 375°. Heat the oil in a large Dutch oven over medium heat. Add the bell pepper, onion, poblano, and garlic. Cook, stirring occasionally, until the vegetables are softened, 10 to 12 minutes. Add the ground beef and taco seasoning packet. Cook, stirring often to break into small crumbles, until browned, 6 to 8 minutes. Add the canned tomatoes and green chiles, black beans, corn, and salt, and cook, stirring occasionally, until well combined, about 2 minutes. Remove from the heat.
2. Lightly grease a 13-by-9-inch baking dish with cooking spray. Arrange tortilla chips in a slightly overlapping single layer in the bottom of the baking dish (about 35 chips in a layer). Top with about half of the ground beef mixture in an even layer. Sprinkle evenly with half of the cheese. Repeat layers once, ending with cheese on top. Reserve remaining chips for serving.
3. Bake the casserole in the preheated oven until the cheese is melted and beginning to brown on top, 16 to 20 minutes. Let cool for 10 minutes before topping and serving.
4. To serve: Top with shredded lettuce, pico de gallo, avocado, cilantro, sour cream, black olives, and/or hot sauce, if you like. Serve alongside extra, crunchy tortilla chips.



## FIESTA PUNCH

Enjoy this non-alcoholic beverage at your next party!

### Ingredients:

- 1/2 cup simple syrup
- 1/4 cup grenadine
- Juice of 2 oranges
- 1- 12 ounce container frozen limeade
- 2- 2 liter bottles lemon lime soda (7 UP or Sprite)
- Ice
- 4 limes, cut into slices

### Instructions:

1. Combine the simple syrup, grenadine, orange juice, and frozen limeade in a large container. Add the lemon lime soda, fill the container with ice and top with lime slices.

