

PASTURE AND PLENTY

JUNE 30, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

And a holiday week Monday, at that! Get excited for classic burgers for your Fourth of July cookouts on MSCo ciabatta rolls with animal sauce and tangy, pickled red onions with a grilled veg salad alongside. And, if you need a side for your cookouts, or a nice, veg-laden salad for a light meal afterwards, our veg-laden Mediterranean-inspired quinoa salad with toasted pita and creamy hummus fits the bill. Happy Fourth, friends!



beef muenster burger
with pickled red onions and animal
sauce on MSCo ciabatta with grilled
vegetable salad



**Mediterranean quinoa
salad** with sun dried tomato-olive
vinaigrette, pita and hummus



Yucatán-style sopa de lima
with chicken



PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Arndt Land and Cattle

Winterfell Acres

Flyte Family Farm

Madison Sourdough Co.

Silver Lewis Cheese Factory

Ortega's Garden

Vitrivian Farm

Christensen Farm

EXTRA GOODNESS

s'mores cookie dough

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Bake at 350°F until cookies are golden brown, about 12-15 minutes.

Ingredients: Butter, milk chocolate chips, ap flour, graham cracker crumbs, sugar, brown sugar, egg, maple syrup, marshmallow (sugar, corn syrup, modified cornstarch, gelatin, sodium hexametaphosphate, natural and artificial flavors, fd&c blue #1), vanilla, salt, baking soda.

Contains: Milk, wheat, gelatin

WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

beef muenster burger with pickled red onions and animal sauce on MSCo ciabatta with grilled vegetable salad

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Beef Muenster
Burger Mix

MSCo
Ciabatta

Animal Sauce

Pickled
Red Onion

Vegetable Bag

PAIR WITH

the juicy and
spicy Ercole
Barbera del
Monferrato
or

the hoppy and
crisp Snappy
American IPA
from Hillsboro
Brewing Co.

GRILLING INSTRUCTIONS

- 1 Preheat a grill for medium high heat. While preheating, get your prep on. Wash and dry your veg. Snap ends off of asparagus and cut into 2-inch pieces; trim tops and bottoms of turnips, then cut in half or quarters (depending on size); cut off stem ends of the snap peas. In a bowl, season vegetables with salt, pepper, and a splash of olive oil. Next, divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season the burger patties with salt.
- 2 Carefully place your vegetables in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of a box, poke holes in it (to allow the heat and smoke to come through) and place it on the grill; add your veggies to your foil basket. Cook the veg until charred and slightly softened. Remove from grill and place back in your bowl. Toss with about 1/2 of your pickled red onions and all of the pickling liquid in the jar. Taste for seasoning and add salt and pepper, if needed.
- 3 Grill burgers on the preheated grill, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160°F, about 8 to 12 minutes, or to desired doneness.* Slice ciabatta in half and grill or toast briefly, too.
- 4 To build your burgers, spread a little animal sauce on bottom bun, top with burger, more animal sauce, the remaining pickled onions and top bun. Serve grilled veg salad alongside burger and dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of oil in a skillet over medium high heat. Place veg in skillet and cook, stirring often until browned and slightly softened. Wipe out pan, then place burgers in skillet and cook, turning occasionally, until internal temperature reads 160°F, or to desired doneness.*

**Consuming raw or undercooked burgers may increase your risk of foodborne illness.*

Beef Muenster Burger Mix: Beef, muenster cheese, onion powder, garlic powder, pepper. **MSCo Ciabatta:** Flour, water, olive oil, salt, yeast **Animal Sauce:** Mayonnaise (sunflower oil, egg, red wine vinegar, Dijon, salt), ketchup, mustard, shallot, cornichon, garlic, caper, spices **Pickled Red Onions:** Red onion, water, white wine vinegar, rice wine vinegar, distilled white vinegar, sugar, salt **Vegetable Bag:** Turnip, asparagus, snap peas

Contains: Beef, milk, wheat, egg

② READY-TO-EAT

Mediterranean quinoa salad

Place quinoa salad and olive vinaigrette into large bowl with mixed greens; toss well to combine all ingredients.

Warm pita in the toaster or toaster oven.

Portion hummus onto individual plates, then spread it across the plate in a thick schmear. Plate quinoa salad on top of hummus and serve with pita to scoop it up. Enjoy!

Quinoa Salad: Yellow quinoa, bell pepper, red onion, feta (milk, salt, cheese culture, enzymes, potato starch), cherry tomato, cucumber, olive oil, salt, white wine vinegar

Hummus: Garbanzo bean, garlic, tahini (sesame), lemon, salt, baking soda, olive oil, salt **Pita:** Whole

wheat flour, enriched unbleached unbromated wheat flour, water, yeast, salt, cane sugar, calcium propionate (preservative), soy flour **Olive Sun-dried Tomato**

Vinaigrette: Kalamata olive, olive oil, balsamic vinegar, sun-dried tomato, lemon, basil, red pepper flake, salt, pepper

Contains: Wheat, olive, milk, soy

③ FARM-TO-FREEZER

Yucatán-style sopa de lima with chicken

See label for instructions and



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue
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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-2pm