

# PASTURE AND PLENTY

JUNE 30, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And a holiday week Monday, at that! Get excited for classic black bean 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!



**black bean walnut 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 pinto beans



### 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 (no gelatin)

Instructions: Store cookie dough in freezer. Bring to room temperature before baking. Bake at 350°F until cookies are golden brown, ~ 12-15 minutes. Place marshmallows on top of cookie and place back in the oven; bake for 1-3 more minutes until marshmallows are toasted.

Ingredients: Butter, milk chocolate chips, ap flour, graham cracker crumbs, sugar, brown sugar, egg, maple syrup, marshmallow (tapioca syrup, cane sugar, filtered water, tapioca starch, carrageenan, soy protein, natural vanilla flavor), vanilla, salt, baking soda.

**Contains: Egg, wheat, milk, soy.**

### 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

## black bean walnut burger with pickled red onions and animal sauce on MSCo ciabatta with grilled veg salad

PREP &  
COOK TIME

40  
MINUTES

IN YOUR BAG

Black Bean  
Walnut 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 veg burgers on a second piece of perforated foil on the preheated grill, turning carefully about halfway through, until internal temperature (measured with an instant thermometer) reads 165°F, about 8 to 12 minutes. 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 carefully halfway through, until internal temperature reads 165°F.

**Black Bean Walnut Burger Mix:** Black bean, onion, poblano pepper, garlic, mayonnaise, egg, panko, walnut, chipotle en adobo, mozzarella, parmesan, red wine vinegar, salt **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: Tree nut, 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 pinto beans

See label for instructions and ingredients.



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