

PASTURE AND PLENTY

JULY 13, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

And hooray for a summery, veg-packed menu coming your way! Look for: our grain & veggie burgers on Stalzy's butter buns with grilled green beans alongside; an Italian-American inspired pasta salad, chock full of cherry tomatoes, carmen peppers, red onion, green olives, banana peppers and chickpeas and mozzarella; and our classic, comfort-food fave loaded vegetable mac and cheese!



grain & veggie burger with red onion jam and animal sauce on Stalzy's Butter Bun with grilled green beans



Italian-American pasta salad with chickpeas and mozzarella



loaded mac & cheese with broccoli, cauliflower, zucchini and summer squash



PRODUCER SPOTLIGHT

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

Stalzy's

Silver Lewis Cheese Cooperative

Green Barn Farm

Ortega's Garden

Olden Organics

Crossroads Community Farm

Flyte Family Farm

Keewaydin Farm

Usinger's Smoked Meats

Belgioioso Cheese

Hook's Cheese

Natalie's Garden

Roth Creamery

EXTRA GOODNESS

vanilla cream puffs

Instructions: Keep in the freezer for up to one month. Thaw in refrigerator. Keep refrigerated for up to 3 days before enjoying.

Ingredients: Choux pastry (water, egg, flour, butter, sugar salt), whipped cream (cream, powdered sugar, vanilla).

Contains: Milk, egg, wheat.

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

grain & veggie burger with red onion jam and animal sauce on Stalzy's Butter Bun with grilled green beans

PREP &
COOK TIME

45
MINUTES

GRILL INSTRUCTIONS

- 1 Preheat a grill for medium high heat. While preheating, get your prep on. Wash and dry all the green beans. Trim ends of beans, place in a bowl, then season 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 beans in a grill basket. If you don't have a grill basket, shape a large piece of foil into the shape of an open 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 for about 5 to 10 minutes, or until the veg is well-caramelized and slightly softened. Remove from grill and place back in your bowl. Taste for seasoning and add salt and pepper, if needed.
- 3 Grill veggie 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.
- 4 Slice butter bun in half and grill or toast briefly.
- 5 To build your burgers, spread animal sauce on both halves of the bun. Top the bottom half of the bun with the grilled burger, red onion jam, arugula and top bun. Serve grilled green beans alongside burger and dig in!

STOVETOP INSTRUCTIONS

Follow instructions above, but instead of using a grill, heat a small amount of olive oil or butter 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 (measured with an instant thermometer) reads 165°F.

Burger Mix: Barley, red quinoa, chickpea, rolled oats, panko, onion, carrot, cashew, oyster mushroom, shiitake mushroom, garlic, soy sauce, sriracha, sherry vinegar, salt, pepper **Stalzy's Butter Bun:** Milk, bread flour, butter, egg, sugar, yeast, salt **Animal Sauce:** Mayonnaise, ketchup, mustard, cornichon, white wine vinegar, shallot, caper, salt, garlic powder, onion powder, sriracha, pepper **Red Onion Jam:** Red onion, balsamic vinegar, brown sugar, salt **Arugula, Green Beans**

Contains: Tree nut, soy, mushroom, milk, wheat, egg

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

Italian-American pasta salad

In a large bowl, combine the pasta, vegetables, pepperoni, mozzarella, and half of the vinaigrette. Toss, making sure to coat everything evenly with the vinaigrette. Taste for seasoning, add remaining vinaigrette as needed and salt and pepper to taste. Enjoy!

Gemelli Pasta: Gemelli (semolina, niacin, iron, thiamine mononitrate, riboflavin, folic acid), olive oil

Vegetable Jar: Green olive, banana pepper, carmen pepper, red onion, cherry tomato **Vinaigrette:** Sunflower oil, canola oil, red wine vinegar, shallot, garlic, honey, dijon mustard, basil, salt, pepper **Chickpeas & Mozzarella:** Chickpeas (chickpea, garlic, olive oil, red chile flake, salt), ciliegine mozzarella (cultured pasteurized milk, salt, lactic acid, enzymes)

Contains: Wheat, milk

③ FARM-TO-FREEZER

loaded mac & cheese with broccoli, cauliflower, zucchini and summer squash

See label for instructions and

PAIR WITH
the juicy and
spicy Ercole
Barbera del
Monferrato
or
the refresh-
ing and juicy
Climate Crush
Hazy Session
IPA from Delta
Beer Lab



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** 9am-7pm
SAT 9am-2pm