



July Sunshine Pop-up Pantry Menu

Your boxes this month contain the ingredients to make the following meals. The recipes for these dishes are included in this packet.

Hot dogs w/ kettle chips

Bean and Ham soup*

Pancakes with sausage links

BLT w/ chips and string cheese

Cajun rice with ground turkey

Baked penne with ricotta & ground beef & side salad

**Using Rock River Double Cherrywood Smoked Uncured Canadian Bacon Ends*

Extras included in this month's delivery include:

Cereal

Bread

Eggs

Miscellaneous

We are eternally grateful to our sponsor Sunshine Brewing Co. and for the generous donations from Lake Mills community members!





Additional Community Resources

The Bread Basket
Multiple pop-up pantries throughout Jefferson County
<https://www.facebook.com/BreadBasketWisconsin>

Ruby's Pantry - Jefferson
4th Wednesday of every month
<https://www.facebook.com/RubysPantryImmanuelUMCJeffersonWI>

Lake Mills Food Pantry
920-648-2800
720 E. Lake St., Lake Mills

Second Harvest - Marshall/Waterloo
4th Friday of every month
Holy Trinity Lutheran Church, 605 Madison Street, Marshall
Start time: 1:00 pm until all food is distributed.
No restrictions, **EVERYONE** in need is welcome and served. No ID necessary.

Second Harvest - Fort Atkinson
2nd Thursday of every month
St Joseph's Catholic Church, 1650 Endl Boulevard, Fort Atkinson
Start time: 2:00 pm until all food is distributed.
No restrictions, **EVERYONE** in need is welcome and served. No ID necessary.



Italian Sausage Rice and Beans

Ingredients

- 1 Italian rope sausage
- 1 C rice
- 2 C water
- 1 tsp ham base seasoning
- 1 bag Uncle Ben's beans

Directions

- Slice italian rope sausage and brown in pan
- Add 1 C rice, 2 C water, 1 tsp ham base and stir together
- Bring to a boil.
- Reduce heat to low and cover for 20 minutes
- Add bag of Uncle Ben's beans
- Stir all together and heat until beans are warm, about 5 minutes
- Remove from heat and serve



Breakfast Hashbrown Bake

Ingredients

1 package breakfast sausage
1 bag frozen hashbrowns
6 eggs
¼ C milk
2 cup shredded cheddar cheese
Salt and pepper to taste

Directions

- Preheat oven to 350
- Brown sausage and set aside
- Sprinkle a quarter of the bag of frozen hashbrown into greased 13x9 baking pan
- Add the browned sausage over the thin layer of hashbrowns
- Add the rest of the hashbrowns over the sausage
- In a separate bowl beat 6 eggs and ¼ C milk with salt and pepper
- Pour evenly over the hashbrowns
- Top with 2 C cheese
- Cover and bake for 1 hour
- Remove cover and return to oven for 5 minutes or until cheese is lightly browned
- Serve



Sausage Gravy with Biscuits

Ingredients

- 2 packages Buttermilk biscuits
- 2 packages breakfast casserole
- ½ C flour
- 4 C milk

Directions

- Prepare biscuits according to package
- Cook sausage in large skillet over medium heat until cooked through
- Stir in flour to coat sausage
- Gradually add milk
- Cook until mixture comes to a boil and thickens, stirring constantly
- Reduce heat to medium-low, simmer 2 minutes, stirring constantly
- Turn off heat
- Split biscuits in half and top with sausage gravy



Chicken Drumsticks with Mac-n-Cheese & Steamed Veggies

Ingredients

- 1 package chicken drumsticks
 - 2 boxes mac-n-cheese
 - 2 packages steamable frozen vegetables
- Poultry seasoning

Directions

- Prepare mac-n-cheese according to box
- Prepare steamable frozen vegetables according to package
- Preheat oven to 400 degrees
- Place chicken drumsticks on baking sheet or in baking dish
- Sprinkle with poultry seasoning
- Bake until no longer pink at the bone and the juices run clear, about 1 hour, turning chicken about halfway through.
- An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).