



November 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.

Grilled Bacon & Cheese with French Fries

Nachos with Pre-seasoned Ground Turkey, Salsa, & Sour Cream

Creamy Chipped Beef on Toast with a Side Salad

Slow Cooker Black Bean, Ground Turkey, and Rice Soup

Extras included in this month's delivery include:

Granola Bars

Bananas

Eggs

Cereal

Mayo

Crackers

Miscellaneous

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





Community Resources

The Bread Basket

Multiple pop-up pantries throughout
Jefferson County

[https://www.facebook.com/BreadBasket
Wisconsin](https://www.facebook.com/BreadBasketWisconsin)

Ruby's Pantry - Jefferson

4th Wednesday of every month

[https://www.facebook.com/RubysPantryL
mmanuelUMCJeffersonWI](https://www.facebook.com/RubysPantryLmmanuelUMCJeffersonWI)

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**

Recipes

Creamy Chipped Beef on Toast

Ingredients:

2-2 oz packages corned
beef
½ C butter
½ C flour
3-4 C milk
¼ tsp pepper

Steps:

1. Cut the dried beef into ribbons or pieces
2. Slowly melt the butter on low heat
3. Add the flour and whisk until smooth
4. Add the milk gradually, whisking as you add
5. Turn the heat up to medium
6. When the mixture thickens, add the meat and pepper
7. Serve on toast

Slow Cooker Black Bean, Ground Turkey, and Rice Soup

Ingredients:

32 ounces of vegetable broth
1 can (14.5 oz) diced tomatoes, undrained
1 can (14.5 oz) tomato sauce
1 diced onion
2 garlic cloves, minced
1/2 teaspoon salt
1/2 teaspoon ground cumin
1 can black beans
3/4 cup uncooked rice
1 lb thawed pre-seasoned ground turkey (thawed)

Steps:

1. Add all ingredients in 5 quart or larger slow cooker. Stir to combine. Do your best to break up ground turkey into smaller chunks.
2. Cover and cook on high for 1 hour.
3. Reduce heat to low and cook for 4 - 5 hours or until vegetables, rice and beans are tender.
4. Serve with a dollop of Crema Mexican Sour Cream on top.