

# PASTURE AND PLENTY

THE COOK KIT  
**1**

## blackened sweet potato burrito

with brown rice, beans, and slaw

PREP & COOK TIME: 20 mins

### IN YOUR BAG

BLACKENED SWEET POTATOES  
Elderberry Hill Farms

BROWN RICE AND BLACK BEANS

CABBAGE SLAW  
Winterfell Acres

FLOUR TORTILLA

SHREDDED PEPPER JACK CHEESE

### DRINK PAIRING

A red wine on the lighter side, like pinot noir, or a citrusy American Pale Ale provide the right contrast for this spicy dish.

### INSTRUCTIONS

- 1 Reheat sweet potato with water (2 tablespoons water per serving) in a saucepan over medium heat, stirring occasionally, until hot, about 7 minutes. Alternately, warm sweet potato in the microwave with 2 tablespoons water per serving on High, stirring every minute, until hot, about 4 minutes.
- 2 Reheat rice and beans with water (2 tablespoons water per serving) in a saucepan over medium heat, stirring occasionally, until hot, about 7 minutes. Alternately, reheat rice and beans in the microwave with 2 tablespoons water per serving on High, stirring every minute, until hot, about 4 minutes.
- 3 Place tortillas on a plate between damp paper towels, and heat in microwave on High in 15-second increments, just until warm.
- 4 Place tortillas onto individual plates, divide sweet potato with rice and beans slightly below center; sprinkle with cheese. Fold left and right edges of tortilla over filling; roll bottom of tortilla tightly up and over filling. Serve with slaw.

INGREDIENTS: Blackened Sweet Potatoes: Sweet potatoes, blackening spices, olive oil. Slaw: Cabbage, sugar, salt, red wine vinegar, spices.

how'd it turn out?

Post your dinner pictures on Facebook or Instagram using the hashtags **#pastureandplenty** **#lessworkmorepicnic** **#dinnerdone** for a chance to get discounts on future orders.





## vegetable stew and dinner roll

Warm stew over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring every minute, about 4 minutes. Pop dinner roll into the microwave for just a few seconds.

### IN YOUR BAG

VEGETABLE STEW  
Elderberry Hill Farms

DINNER ROLL  
Madison Sourdough

### DRINK PAIRING

Stews and reds are made for each other, especially red cabernet sauvignon blends. Prefer a beer? Try a brown ale.



## stuffed shells

with herbed ricotta, spinach, parmesan

### FROM THAWED:

**oven:** Preheat oven to 350 degrees F. Remove lid from thawed shells, cover tightly with foil, and bake until hot, 25-40 minutes. Remove from oven; rest, covered, for 5 minutes before serving.

**microwave:** Remove lid; cover with paper plate. Microwave on High for 3-6 minutes; gently rearrange shells to heat more evenly, and microwave until hot, 2-3 minutes more. Rest in microwave for 3 minutes before serving.

### FROM FROZEN:

**microwave:** Remove lid, cover with paper plate. Microwave on High for 6-10 minutes. Turn shells; continue cooking until hot, about 3-6 minutes more. Rest in microwave for 5-8 minutes before serving.

### DRINK PAIRING

Pinot gris won't overwhelm these delicate shells, and an IPA will play nicely with red sauce.



## dark chocolate sea salt brownies



**INGREDIENTS: Vegetable Stew:** Flour, black pepper, salt, vegetable oil, red wine vinegar, red wine, beef stock, bay leaves, parsnips, onion, carrot, potatoes.

**Stuffed Shells:** Pasta, red sauce, garlic, celery, egg, onions, carrots, ricotta, spinach, parmesan, thyme, rosemary, shredded mozzarella.

**Brownies:** Dark chocolate, flour, butter, salt, cocoa powder, sugar, brown sugar, eggs, vanilla, Maldon sea salt.

We do our best to prepare meals without gluten, for those who are gluten-free, but please note that we cook in a facility that handles gluten and other potentially allergenic food items, such as eggs, tree nuts, peanuts.