

THE COOK KIT
1

onion soup

PREP & COOK TIME: 20 mins

IN YOUR BAG

ONION SOUP

CRUSTY BREAD

CHEDDAR CHEESE

Thanks to our friends at:

Elderberry Hill, Riemer Family Farm, Tipi Produce,
Crossroads Community and Farm, Hook's Cheese.

INSTRUCTIONS

- 1 Preheat your oven's broiler.
- 2 Heat soup in a saucepan over medium high heat, stirring occasionally, until hot, about 6 minutes.
- 3 Place oven proof bowls on a baking sheet; divide soup into bowls. Float bread slices on top of soup and sprinkle with cheese.
- 4 Broil under the preheated broiler until cheese is melted and bubbly, about 2 minutes.

DRINK PAIRING

A rich soup like this sings out for a moderate red like Côtes du Rhône.
A brown ale's nuttiness will go nicely with the caramelized onions.

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.





chickpea-coconut-cashew curry

with brown rice

- 1 Heat curry in a saucepan over medium-high heat, adding up to 1/2 cup water as needed to thin, until hot, about 6 minutes. Alternately, heat curry in microwave on High, adding water if needed, until hot, stirring every minute or so, about 3 minutes.
- 2 Pop naan into the microwave for 10-15 seconds to warm

..... IN YOUR BAG

CHICKPEA-COCONUT-
CASHEW CURRY

GARLIC NAAN

DRINK PAIRING

We suggest a fruity semillon with this creamy curry. Beer lovers might choose a saison.



vegetable pot pie

Reheat in oven, uncovered at 375 until heated through.

Note: Pot pies in aluminum containers cannot be reheated in microwave.

FROM THAWED:

bake: Preheat oven to 375 degrees F; place pot pies on a baking sheet. Bake, uncovered, in the preheated oven until crust is browned and filling is hot and bubbly, about 15 minutes.

FROM FROZEN:

bake: Preheat oven to 375 degrees; place pot pies on a baking sheet and cover with foil. Bake, covered, in the preheated oven for 15 minutes. Remove foil; continue baking until crust is browned and filling is hot and bubbly, about 10 minutes more.

DRINK PAIRING

Accompany this creamy pot pie with a zesty pinot gris or a bright IPA if you prefer beer.



zucchini bread



INGREDIENTS:

Onion Soup: Olive oil, onions, thyme, white wine, vegetable broth, horseradish, seasonings.

Curry: Spices, onions, chickpeas, garlic, ginger, thai chilies, cashew nuts, coconut milk, spinach, limes, cilantro.

Pot Pie: Onions, carrots, celery, seasonings, butter, oat flour, vegetable stock.

Zucchini Bread: Flour, salt, nutmeg, baking soda, cinnamon, sugar, vegetable oil, eggs, water, zucchini, lemon juice.

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.