



brown rice and green chili sweet potato enchiladas

DRINK PAIRING

A crisp Sauvignon Blanc plays well with green chilies. Or stay on theme with Negra Modelo, a Mexican Vienna-style lager.

NOTE

This week you'll see a big bag of salad and an herb vinaigrette to enjoy alongside whichever meals you choose.

THANK YOU

Madison Sourdough, Sassy Cow Creamery, Taproot Farms, Elderberry Hill Farms, Riemer Family Farm, Tipi Produce, Crossroads Community Farm, Sartori Cheese.

INSTRUCTIONS

OVEN: Preheat oven to 350 degrees F. Transfer enchiladas to an ovenproof baking dish and cover with foil.

from frozen: Bake in the preheated oven until heated through, 25-40 minutes. Remove foil; return to the oven until bubbly and cheese is melted, about 5-15 minutes more.

from thawed: Bake in the preheated oven until heated through, 20-30 minutes. Remove foil; return to the oven until bubbly and cheese is melted, about 5-10 minutes more.

MICROWAVE: Transfer enchiladas to a microwave-safe container; cover with a paper plate.

from frozen: Heat on High for 6-10 minutes. Loosen enchiladas; cook on Medium High until bubbly and cheese is melted, 3-6 minutes more. Rest, covered, for 5-8 minutes before serving.

from thawed: Transfer enchiladas to a microwave-safe container; cover with a paper plate. Heat on High for 3-6 minutes. Check temperature; cook on Medium High until bubbly and cheese is melted, 2-3 minutes more. Rest, covered, for 5 minutes before serving.

INGREDIENTS: Enchiladas: Sweet potatoes, brown rice, green chilies, tomatillos, onions, black beans, cheese, spices. Soup: Carrots, onions, celery, ginger, vegetable stock, coconut milk, mushrooms, spices. Gumbo: Roasted summer vegetables, olive oil, onions, celery, green bell peppers, bay leaves, garlic, thyme, vegetable stock, oat flour, white rice. Cookies: Chocolate, flour, sugar, butter, vanilla, eggs, baking powder, brown sugar, 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.

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.





creamy curry carrot soup

with roasted mushrooms

Heat carrot soup in a saucepan over medium heat, stirring occasionally, until hot, about 6 minutes. Or, microwave soup on High, stirring every minute or so, until hot, about 3 minutes.

Pop dinner roll into the microwave for a few seconds to warm up.

Serve with mixed greens and vinaigrette.

..... IN YOUR BAG
CREAMY CARROT SOUP
DINNER ROLL

DRINK PAIRING
Choose a fruity rosé or a nice, cold lager; both are perfect with the sweet carrot and mild curry in tonight's soup.



late harvest vegetarian gumbo

FROM FROZEN: Transfer frozen gumbo into a microwave-safe bowl; cover with a paper plate. Microwave on Low in 2 minute increments until the soup becomes slushy; use a wooden spoon to break it into chunks after each heating. Once gumbo is thawed, heat on High until hot, 3-6 minutes, stirring every minute or so. Alternately, heat gumbo in a saucepan over very low heat, stirring occasionally, until thawed, 6-10 minutes. Increase heat to medium; cook until hot, about 6 minutes more.

FROM THAWED: Transfer gumbo into a microwave-safe bowl; cover with a paper plate. Microwave on High until hot, 3-6 minutes, stirring every minute or so. Alternately, heat gumbo in a saucepan over medium heat, stirring occasionally, until hot, 6-10 minutes.

DRINK PAIRING
Try a sangiovese with tonight's rich gumbo. An amber ale, or, even better, Louisiana-brewed Abita, will hit just the right note.



chocolate chip cookies

Preheat oven to 375 degrees F.

Spray a baking sheet with nonstick spray, or line with parchment.

Place dollops of cookie dough about 2 inches apart on the prepared baking sheet.

Bake in the preheated oven until edges are lightly browned, and centers no longer look wet, 8-10 minutes.

Allow cookies to cool on the baking sheet for a few minutes, then remove to cool completely on a wire rack.