



BLACK BEAN HICKORY NUT BURGER

with gouda and arugula; roasted sweet potato

PREP &
COOK TIME

—
50
MINUTES

IN YOUR BAG

BRIOCHE BUNS
BLACK BEAN AND HICKORY NUT BURGER
SPICY MAYO
WISCONSIN GOUDA
ARUGULA
SWEET POTATO

PAIR WITH RIOJA OR ESB

PASTURE AND PLENTY

INSTRUCTIONS

- 1 Preheat oven to 400 degrees F. Pierce sweet potatoes; place on a baking tray.
- 2 Bake in the preheated oven until tender, about 30-50 min, depending on size. Alternately, pierce sweet potatoes; microwave on High until tender, 5-12 min.
- 3 Divide burger mix into individual portions and gently shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner — it will cook more evenly. Season with salt and pepper.
- 4 Sear burgers: Heat a cast iron pan over medium high heat. Swirl in a small amount of olive oil; then place burgers in the pan. Cook for 3 min each side, then continue to cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.* Top burgers with gouda for the last minute or two to melt.
- 5 Toast bun or warm for a few seconds in microwave. Place burgers on buns, and dress with spicy mayo and arugula. Serve with roasted sweet potato.

*Consuming raw or undercooked burgers may increase your risk of foodborne illness.

Bean and Hickory Nut Burger: Black beans, onion, poblano pepper, garlic, adobo chiles, cotija cheese, mayo, egg, panko, spices, hickory nuts, salt, pepper. *Allergens: Egg, wheat, milk*

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.



BUTTERMILK BROCCOLI SOUP

PAIR WITH PINOT GRIS OR AMBER ALE

IN YOUR BAG

BROCCOLI SOUP, HERBED CROUTONS, CHEDDAR CHEESE

Warm soup in a saucepan with a splash of water over medium-low heat until hot, about 7-10 minutes. Alternately, microwave soup with a splash of water on Medium High for 3 minutes, stir, and continue to cook until hot, 2-10 minutes more. Thin soup with more water as desired. Divide into individual serving bowls, scatter herbed croutons over top, sprinkle with Cheddar cheese.

Buttermilk Broccoli Soup: Broccoli, celery, onions, buttermilk, whole milk, vegetable stock, goat cheese, seasonings, salt. **Croutons:** Flour, water, yeast, salt, butter, herbs. *Allergens: Milk, wheat*

RED ONION JAM

This week you'll have a jar of our housemade red onion jam in your bag. It's delicious as a pairing for cheese, or on turkey, ham, or grilled cheese sandwiches.

Red onions, red wine, brown sugar, thyme, balsamic vinegar, salt, pepper.

BANANA BREAD MUFFINS

Bananas, flour, sugar, butter, eggs, baking soda, salt, vanilla. *Allergens: Wheat, milk, egg*



THAI-STYLE SWEET POTATO COCONUT CURRY

PRODUCER SPOTLIGHT

We source our ingredients from local producers whenever possible. This week's meal kits feature ingredients from these amazing producers:

Elderberry Hill, Amazing Grace Farms, Sassy Cow Creamery,
Madison Sourdough Co., Pinn-Oak Ridge Farms.