



TVP TINGA TACOS

with pickled red onions, queso fresco and sweet corn.

PREP &
COOK TIME

—
30
MINUTES

IN YOUR BAG

TVP TINGA
PICKLED RED ONIONS
QUESO FRESCO
SWEET CORN
TORTILLAS

PAIR WITH A ROSÉ OR AMERICAN PALE ALE

INSTRUCTIONS

- 1 Heat saute pan to medium heat. Place tvp tinga in pan, stirring occasionally heat until warmed, about 5 minutes.
- 2 Try one of these three ways to cook corn: A. Microwave: Cut stem end off sweet corn, remove some outer husks and trim silk with scissors; microwave on High: 3 minutes for 1 or 2 ears, 4 minutes for 3 or 4 ears. Remove remaining husks when cool enough to handle. B. Boil: Bring a large pot of salted water to a boil; remove all husks and silk from corn. Drop corn into boiling water; cook until kernels are bright and opaque, about 3 minutes. Remove with tongs. C. Grill: Preheat grill for high heat. Remove some husks from corn; trim silk with scissors. Grill corn over direct heat, turning every 5 minutes, until kernels are bright and opaque, about 15-20 minutes. Remove remaining husks when cool enough to handle.
- 3 Warm tortillas briefly on the grill or in the microwave.
- 4 Assemble tacos by layering tvp tinga, pickled red onions, and queso fresco on the tortilla. You can cut the corn off the cob and add that to the taco as well, or leave it on and eat it on the side.

Ingredients: **TVP tinga:** TVP, onions, tomatillos, tomatoes, garlic, vegetable stock, chipotle chiles, spices, salt. **Pickled red onions:** Red onions, red wine vinegar, salt, sugar. **Tortillas:** Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin and folic acid), water, vegetable shortening, contains 2% or less of the following: salt, aluminum-free leavening (Sodium acid oyo-phosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), wheat protein, preservatives (calcium propionate, sorbic acid), dough conditioner (fumaric acid, gum blend, lecithin, mono-and diglycerides, sodium metabisulphite.) **Sweet corn.** **Queso fresco.** Contains: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.



SUMMER TOMATO-SCALLION SOUP

PAIR WITH A VIOGNIER OR BROWN ALE

IN YOUR BAG

SUMMER TOMATO-SCALLION SOUP

- 1) Heat saucepan to medium high heat.
- 2) Pour soup into saucepan, heat, stirring often, about 6-8 minutes.
- 3) Divide into individual bowls and serve.

Ingredients: Swiss chard, lacinato kale, zucchini, heirloom carrots, red onions, leeks, scallions, tomatoes, fresno chiles, vegetable stock, honey, red wine vinegar, salt, pepper.



SWEET CORN RISOTTO

Ingredients: Arborio rice, sweet corn, shallot, corn stock, parmesan, white wine, olive oil, lemon zest, salt, pepper. Contains: Milk.

SHISHITO PEPPERS

Coat peppers with olive oil.

Grill (or cook in a saute pan) for 3-5 minutes, until skin is blistered. Enjoy!

BANANA BREAD PUDDING MADE WITH CITRUS OLIVE OIL CAKE

Ingredients: Cake flour, sugar, buttermilk, egg, olive oil, orange juice, lemon zest, baking soda, baking powder, salt. Bananas, heavy cream, sour cream, sugar, eggs, bourbon, vanilla, cinnamon. Contains: Egg, wheat, milk.

Microwave on high for 30-60 seconds, until heated through.

Eat it as is, or top with a scoop of your favorite vanilla ice cream.

PRODUCER SPOTLIGHT

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

Vitruvian Farms, Alsum Sweet Corn, Riemer Family Farm, Roots Down Community Farm, Raleigh Hill Farms, Driftless Organics, Winterfell Acres, Marr Valley Farms, Bell and Evans

Safe Handling Instructions: Please keep all meal kit ingredients* refrigerated or frozen until ready to use, unless otherwise marked. Reheat all frozen or prepared foods to a safe temperature of 165 degrees F and cook proteins to temperatures as noted in recipe instructions. Enjoy your cook kit, ready-to-eat and thawed farm-to-freezer meals within 5 days.

Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness

*Exceptions include baked goods like dinner rolls and vegetables that hold at room temperature, like whole tomatoes and squash.