

VEGETARIAN



# BLACK BEAN WALNUT BURGER

with herb roasted carrots.

PREP &  
COOK TIME

—  
**25**  
MINUTES

IN YOUR BAG

- BRIOCHE BUNS
- BLACK BEAN WALNUT BURGER MIX
- SPICY MAYO
- ARUGULA
- RED ONION JAM
- HERB ROASTED CARROTS

PAIR WITH A ZINFANDEL OR IPA

## INSTRUCTIONS

- 1 Preheat oven to 375 degrees F. Divide burger mix into individual portions and shape into patties. Pinch the center of the patty between your thumb and finger to make center slightly thinner -- it will cook more evenly.
- 2 Toss carrots and chopped herbs with olive oil, salt and pepper. Spread in single layer on a baking sheet and roast until tender and beginning to brown, about 15 minutes.
- 3 Heat a small amount of olive oil or butter in a skillet over medium high heat; place burgers in skillet and cook, turning occasionally, until internal temperature (measured with an instant thermometer) reads 160 degrees F, or to desired doneness.\*
- 4 Toast bun or warm for a few seconds in microwave. Spread onion jam on bottom bun, top with burger, the arugula, the spicy mayo, and top bun.
- 5 Plate burger with a portion of the roasted carrots, enjoy!

**Ingredients: Black bean walnut burger mix:** Black beans, onion, poblano pepper, garlic, adobo chilies, gouda cheese, mayonnaise, egg, panko, spices, walnuts, salt, pepper. **Brioche buns:** AP flour, salt, yeast, water, egg, milk. **Spicy mayo:** Egg, mustard, canola oil, spices, salt, pepper. **Red onion jam:** Red onion, red wine, balsamic vinegar, salt, thyme, olive oil. **Herb roasted carrots:** Carrots, herbs, olive oil.  
Contains: Wheat, milk, egg, nuts.

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### 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 MUSHROOM KALE SOUP

PAIR WITH A RIESLING OR IPA

### IN YOUR BAG

CREAMY MUSHROOM KALE SOUP  
MADISON SOURDOUGH DINNER ROLL

- 1) Warm soup 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.
- 2) Pop dinner roll into the microwave for just a few seconds.

**Ingredients:** Creamy mushroom kale soup: Mushroom, onion, kale, garlic, vegetable stock, cream, spices. **Dinner roll:** AP flour, water, yeast, salt.  
Contains: Wheat, milk.



# VEGETABLE FEIJOADA (CARROT AND BLACK BEANS OVER RICE)

**ingredients:** Onion, green bell pepper, carrots, black bean, tomato, kale, white rice, vegetable stock, manioc flour, scallion, garlic, cilantro, cumin, mexican oregano

## BREAD PUDDING

preheat oven to 350 degrees F.  
Bake in preheated oven until warmed through, about 15 minutes.  
Ingredients: Bread, egg, milk, vanilla, sugar, pecans, brown sugar, butter.  
Contains: Nuts, egg, milk, wheat.

## HAPPY FEBRUARY!

Don't forget to check out our February events  
on [pastureandplenty.com](http://pastureandplenty.com) or Facebook

## PRODUCER SPOTLIGHT

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

*Pinn-Oak Ridge, Enos Farms, Vitruvian Farm, Madison Sourdough Co., Elderberry Hill Farms, Crossroads Community Farm, Batch Bakehouse.*

**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.