



FLAVOR TEMPTATIONS BLACK BEAN MASALA AND SWEET POTATO CURRY

with brown rice.

PREP &
COOK TIME

—
20
MINUTES

IN YOUR BAG

FOR BLACK BEAN MASALA:

FLAVOR TEMPTATIONS SPICE PACKET

CHOPPED ONIONS

DICED TOMATOES

MINCED GINGER AND GARLIC

COOKED BLACK BEANS

FOR SWEET POTATO CURRY:

FLAVOR TEMPTATIONS SPICE PACKET

PEELED AND CHOPPED SWEET POTATOES

BROWN RICE

PAIR WITH A ZINFANDEL OR IPA

INSTRUCTIONS

- 1 Start Black Bean Masala: Heat oil in 12" skillet on medium heat, add Cumin Seeds and step back to allow seeds to burst and sizzle, releasing their flavors
 1. Add onions and cook until onions are soft and transparent
 2. Add ginger and garlic, cook for 1 minute
 3. Add Turmeric powder, Coriander powder and Cumin powder and cook for 1-2 minutes, releasing fragrant aromas
 4. Add Cayenne according to preferred spice level: (Hot: add all of it; Medium: add half of it; Mild: do not add any)
 5. Add tomatoes and cook on medium heat for 3-4 minutes until tomatoes are soft and oil separates
 6. Add Black beans, salt, and enough water to cover the beans
 7. Cook covered 5-6 minutes on medium heat, until beans are soft
 8. Stir in Garam Masala. Uncover and simmer on low heat until sauce thickens to salsa consistency
- 2 While Masala simmers, cook the sweet potato curry.
 1. Heat oil in 10" or 12" skillet on medium heat, add Mustard seeds and step back to allow seeds to burst and sizzle, releasing their flavors
 2. Lower heat, add Cumin Seeds and stir.
 3. Add sweet potatoes and sprinkle with Turmeric powder and Coriander powder. Stir to coat the potatoes evenly.
 4. Add Cayenne according to preferred spice level: (Hot: add all of it; Medium: add half of it; Mild: do not add any)
 5. Season with salt and cook covered on low heat for 4-6 minutes until vegetables are soft, stirring once, about halfway through cooking time.
 6. Uncover and cook on medium heat for 3-4 minutes, stirring once or twice, until moisture evaporates and potatoes are tender and crisping.
3. Reheat brown rice in a small saucepan over medium heat. Add a couple of tablespoons of water, and cook until warmed, about 5 minutes.

Ingredients: Flavor temptations spices, onion, tomato, ginger, garlic, black beans, sweet potato, brown rice..

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.



RP'S FOUR CHEESE RAVIOLI WITH BOLOGNESE SAUCE

PAIR WITH A SEMILLON OR SAISON

IN YOUR BAG

- RP'S FOUR CHEESE RAVIOLI
- BOLOGNESE SAUCE
- SARVECCHIO AND PARSLEY

1) Prepare a pot of boiling water. Once the water is at a rolling boiling, carefully place the loosened pasta into the water. Stir immediately to prevent the pasta from sticking together. Once the water has returned to a boil reduce the heat to a gentle boil to prevent the ravioli from bursting, Boil for 4-5 minutes or until preferred al' dente texture and drain.

2) Reheat bolognese in sauce pan on medium-low with up to a 1/2 cup water until heated through, about 5 minutes.

3) Once pasta is cooked and drained, pour the sauce over, sprinkle with sarvecchio and parsley.

Ingredients: Four Cheese Ravioli: Semolina (durum wheat, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), ricotta (whey, milk, vinegar, culture, salt), filtered water, mozzarella (pasteurized milk, cheese culture, salt), asiago (cultured milk, enzymes, salt), parmesan (pasteurized milk, cheese culture, salt), whole egg, salt. **Bolognese:** Tomatoes, carrots, onions, celery, garlic, pork, chili flakes, heavy cream, wine, thyme, salt, pepper. **SarVecchio. Parsley.**

Contains: Milk, egg, wheat.



BEEF BOURGUIGNON WITH HERB MASHED POTATOES

ingredients: Beef, peppercorns, bay leaf, parsley, thyme, red wine, bacon, garlic, onions, carrots, flour, beef stock, butter, mushrooms. Mashed Potatoes (Potatoes, heavy cream, butter, salt, pepper, herbs)
Contains: Milk.

BROWN BUTTER CHOCOLATE CHIP COOKIES

Heat oven to 350 degrees F. Flatten thawed dough into discs. Cook in oven until golden, 12-15 minutes.

Ingredients: AP flour, sugar, brown sugar, butter, egg, chocolate chips, vanilla, salt.
Contains: Wheat, milk, egg.

ABOUT FLAVOR TEMPTATIONS

This week we have a special addition to your meal kit. We are including 2 different flavor packets from our friends at Flavor Temptations - a Madison based company run by a husband and wife duo with a passion for sharing authentic Indian cuisine and recipes.

PRODUCER SPOTLIGHT

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

Elderberry Hill Farms, Crossroads Community Farm, Enos Farms, Sartori Cheese, Sassy Cow Creamery, Arndt Farms, Vitruvian Farms

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.