

DATE: APRIL 20, 2020 | OMNIVORE

## HOORAY, IT'S MONDAY!

Surprise! This week's bag is coming with the latest edition of Edible Madison. If you've never picked up a copy before, you're in for a treat. Dedicated to local, Wisconsin fare, it's got recipes, articles and more good reasons to support and advocate for a resilient local food system. Enjoy!

**garden vegetable couscous  
with lamb meatballs and  
scallion-mint yogurt sauce**

**black-eyed pea and spicy  
sausage soup**

**mushroom and kale  
lasagna**

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

**Enos Farms**

**Pinn-Oak Ridge**

**Vitruvian Farms**

**Winterfell Acres**

**Sartori Cheese**

**Sassy Cow Creamery**

**Elderberry Hill Farm**

**EXTRA GOODNESS**

**peanut butter and  
strawberry jam bar**

**Ingredients:** Peanut butter crust: peanut butter, brown sugar, vanilla extract, water, baking powder, salt, oat flour, peanuts. Strawberry Jam: Strawberries, honey, sugar, apple pectin.

Contains: Nuts.

① THE COOK KIT

## garden vegetable couscous

with lamb meatballs and scallion-mint yogurt sauce

PREP &  
COOK TIME

25

MINUTES



IN YOUR BAG

Lamb Meatballs  
Garden Vegetable  
Couscous

Scallion-Mint  
Yogurt Sauce

PAIR WITH

The Whole  
Shebang!  
Zinfandel Blend  
or  
Bell's Two Hearted  
IPA

- 1 Preheat oven to 375 degrees F. Place meatballs (they are precooked) in a shallow baking dish; cover with foil.
- 2 Reheat in the preheated oven until heated through, about 20 minutes. Alternately, remove lid and cover with plate or paper towel; microwave on High until heated through, 3-8 minutes.
- 3 Stir couscous; divide onto individual serving plates. Top couscous with meatballs and drizzle with yogurt sauce.

**Lamb meatballs:** Lamb, onions, eggs, oat flour, parmesan cheese, spices, salt **Couscous :** Couscous, squash, peas, bell peppers, scallions, feta cheese, spices, olive oil, salt. **Yogurt Sauce:** Yogurt, scallions, mint, lemon juice, salt

Contains: Milk, egg, wheat.

② READY-TO-EAT

## black-eyed pea soup with spicy sausage

Warm soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes. Alternately, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Add dressing to shaved carrot salad, replace lid, and shake to dress carrots. Divide into equal portions.

Ladle soup into bowls and serve with carrot salad.

**Black-Eyed Pea, Greens and Spicy Sausage Soup:** Pork, onion, carrot, celery, black eyed peas, chard, spinach, poblano peppers, jalapeno, garlic, chicken stock, tomatoes, herbs, spices, salt and pepper **Shredded Carrot Salad:** Shredded carrots and herbs **Lemon Dressing:** Sunflower oil, lemon juice, honey, dijon, cumin, salt

③ FARM-TO-FREEZER

## mushroom kale lasagna

See label for reheating instructions.

**Kale mushroom lasagna:** Kale, mushrooms, onions, vegetable stock, whole milk, ap flour, lemon, olive oil, pasta sheets [Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid)], filtered water, egg, salt, garlic, ricotta, parmesan cheese, herbs, seasonings, mozzarella cheese.

Contains: Milk, egg, wheat.