

# PASTURE AND PLENTY

DATE: AUGUST 3, 2020 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Summertime and the living is easy with this week's menu. Toothsome RP's Pasta, redolent with summer herbs and veggies, is simply cooked, but has loads of flavor. Smooth, fresh, split pea and cauliflower soup with a cooling yogurt sauce, topped with the perfect crunch from spiced pepitas, just needs a quick reheat. And that savory, umami-laden Feijoada just needs to be popped in the oven. This week is easy (delicious) street.



**fusilli with pesto, cherry tomatoes, summer squash, and herbed white beans**



**split pea and curried cauliflower soup with spiced pepitas and yogurt sauce**



**vegetable feijoada**  
Brazilian sweet potato black bean stew over rice with kale



## 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

Vitruvian Farms

RP's Pasta

Sartori Cheese

Crossroads Community Farm

Marr's Valley View Farm

Jones Dairy Farm

Madison Sourdough Co.

## EXTRA GOODNESS

### blueberry muffins

Ingredients: AP flour, Greek yogurt (skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), blueberry, sugar, oil, egg, baking powder, baking soda, salt.

Contains: Milk, egg, wheat.

## WEEKLY MENU

Find our weekly menu and notes under "Kitchen Notes" on our website.

## SHARE THE LOVE

We love to see how your dishes turned out. Please tag us in your photos and use the hashtag #pastureandplenty. Don't forget, you can always add extra servings or items from our deli or farm-to-freezer case. Check our website to see the current inventory.



① THE COOK KIT

## fusilli with pesto, cherry tomatoes, summer squash and herbed white beans

PREP & COOK TIME

15  
MINUTES

IN YOUR BAG

RP's Pasta Fusilli

Pesto

Cherry Tomatoes

Summer Squash

Sarvecchio

Herbed White Beans

PAIR WITH

an earthy Lioco Chardonnay or a light Italian Pilsner from Working Draft Beer Co.

- 1 Bring a large pot of salted water - salty like the sea - to a boil over high heat. Wash squash and tomatoes.
- 2 Slice tomatoes in half, slice squash lengthwise then into bite-sized pieces.
- 3 Heat a splash of olive oil in a saute pan, large enough for all your ingredients.
- 4 When oil is hot, carefully place squash in pan. Cook on one side until browned, toss, then add tomatoes and beans. Cook until tomatoes begin to break down and beans are warmed through.
- 5 While cooking vegetables drop fusilli in boiling water and cook until tender with a bite, about 3 minutes. Once drained, add pasta and pesto to the saute pan. Saute until everything is combined.
- 6 Divide fusilli mixture onto individual serving plates; top with sarvecchio. Enjoy!

**RP's Pasta Fusilli:** Semolina (durum wheat, niacin, iron, thiamine, mononitrate, riboflavin, folic acid), filtered water, egg, salt.

**Pesto:** Sunflower oil, olive oil, arugula, basil, pepita, garlic, red pepper flake, red wine vinegar, salt, pepper.

**Cherry Tomatoes**

**Summer Squash**

**Sarvecchio:** Pastuerized cow's milk, cheese cultures, salt, enzymes.

**Herbed White Beans:** White bean, thyme, rosemary, chive, parsley, garlic, salt, pepper, olive oil, lemon, red pepper flake.

**Contains:** Wheat, milk, egg,

② READY-TO-EAT

## split pea and curried cauliflower soup

with spiced pepitas and yogurt sauce

Reheat soup over medium heat, stirring to prevent scorching, until hot 6-8 minutes.

Portion soup into bowls, garnish with pepitas and a dollop of yogurt sauce. Enjoy.

**Split Pea and Curried Cauliflower Soup:**

Yellow split pea, cauliflower, onion, garlic, carrot, celery, lemongrass, red chili paste, vegetable stock, coconut milk, ginger, lime juice, spices.

**Spiced Pepitas:** Pepita, olive oil, garlic powder, onion powder, cumin, paprika, salt, pepper.

**Yogurt Sauce:** Greek yogurt ((skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), mayo (canola oil, egg, red wine vinegar, Dijon mustard, salt), sugar, white vinegar, lemon juice, herbs, salt, pepper.

**Contains:** Milk, egg.

③ FARM-TO-FREEZER

## vegetable feijoada

Brazilian sweet potato black bean stew over rice with kale

See label for reheating instructions and ingredients



We are a local meal kit service, restaurant, deli and event space serving Wisconsin-grown goodness for breakfast & lunch Tues - Fri, weeknight dinner, Friday fish fry, Saturday brunch and Sunday workshops and community events.

GET IN TOUCH

2433 University Avenue  
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M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-1pm