

PASTURE AND PLENTY

DATE: SEPTEMBER 8, 2020 | VEGETARIAN

HOORAY, IT'S TUESDAY!

Raise your hand if you can't believe Labor Day is come and gone! We're easing back into real Fall life with some easy hits for you. Earthy and homey rice and beans are paired with a bright and pungent Mojo Sauce that packs a punch of flavor. A simple salad is anything but boring when tossed with our sweet, slightly spicy, and tart Gochujang Vinaigrette. And the cooler temps are a perfect match for our classic Three Bean Chili. Enjoy!

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Cuban-inspired local mushrooms with roasted vegetables, rice, beans and mojo sauce

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ramp kimchi tofu salad with Winterfell Acres mixed greens, baby bell peppers, cherry tomatoes and gochujang vinagrette

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three bean chili



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Raleigh's Hillside Farm
Elderbery Hill Farm
Winterfell Acres
Lutz Family Farm
Enos Farms

EXTRA GOODNESS key lime cutie pie

Ingredients: Cheesecake (cream cheese, sweetened condensed milk, key lime juice, heavy cream, powdered sugar, vanilla), crust (graham cracker, butter, granulated sugar).

Contains: Milk, 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

Cuban-inspired local mushrooms with roasted vegetables, rice, beans and mojo sauce

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Roasted Local
Mushrooms

Rice

Beans

Mojo Sauce

Vegetables

Pair the smooth
and fruity El Jefe
Tempranillo or the
malty Wheatwine
Wheat Ale from
Giant Jones

- 1 Preheat oven to 400°F. Wash mixed beans, squash/zucchini. Snap ends off of beans, peel shallot and cut all vegetables into bite sized pieces.
- 2 Toss all veggies with a splash of olive oil, salt and pepper. Place in a single layer on a baking sheet. Roast in oven until tender and beginning to brown, 15-20 minutes.
- 3 Reheat roasted local mushrooms on the baking sheet with the veggies, adding them for the last 5-10 minutes.
- 4 While vegetables and pork are roasting, reheat rice and beans separately over medium heat on the stovetop or in the microwave.
- 5 When vegetables and mushrooms are finished cooking, divide mushrooms, rice, beans, and veggies evenly onto plates. Top with Mojo sauce and enjoy.

Roasted Local Mushrooms: Lion's mane mushroom, black king trumpet mushroom, oyster mushroom, onion, olive oil, garlic, lemon, jalapeño, cilantro, oregano, salt, pepper.

Rice: Converted rice, water, bay leaf, chile de arbol, garlic, salt, pepper, cilantro.

Beans: Black bean, water, onion, garlic, orange, salt, pepper, chile de arbol, cilantro.

Mojo Sauce: Orange, lime, olive oil, garlic, jalapeño, cilantro, oregano, salt, pepper.

Vegetables: Zucchini, squash, mixed beans, shallot.

② READY-TO-EAT

ramp kimchi tofu salad with Winterfell Acres mixed greens, baby bell peppers, cherry tomatoes and gochujang vinaigrette

Give cherry tomatoes and baby peppers a rinse, then cut peppers into bite sized pieces and tomatoes in half.

In a large bowl dress mixed greens, cherry tomatoes and bell peppers with gochujang vinaigrette, divide evenly onto plates.

Give the tofu salad a toss to distribute the dressing then divide that evenly onto plates, top with crispy wonton strips and enjoy!

Ramp Kimchi Tofu Salad: Tofu, cucumber, sesame seed, ramp, onion, scallion, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), salt, pepper.

Gochujang Vinaigrette: Sunflower oil, gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), rice vinegar, sugar, sesame oil, soy sauce, garlic.

Crispy Wonton Strips: Enriched wheat flour, water, salt, potato starch, citric acid, cornstarch.

Winterfell Acres Mixed Greens, Baby Bell Peppers, Cherry Tomatoes

Contains: Wheat, soy, sesame.

③ FARM-TO-FREEZER

three bean chili

See label for ingredients and reheating



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