

PASTURE AND PLENTY

DATE: SEPTEMBER 28, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

Who doesn't love eating with their hands? We sure do. And the lettuce wraps this week are perfect to fold up and munch. If you were bold, you could try to eat the burritos by hand. But they're so stuffed full of green chile goodness this week that we actually recommend a fork and knife. We're also partial to the beginning of soup weather. If you're like us, then the split pea and cranberry bean soup will warm your soul.



typ larb and bulgur wheat lettuce wraps with cucumber salad and roasted peanuts



yellow split pea cranberry bean soup with cherry tomato confit and crispy kale



smothered sweet potato and black bean burritos with green chile sauce



PRODUCER SPOTLIGHT

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

Elderbery Hill Farm

Vitruvian Farms

Winterfell Acres

Raleigh's Hillside Farm

Enos Farm

Marr's Valley View Farm

EXTRA GOODNESS

ginger molasses cookie dough

Instructions: Preheat oven to 325°F. Bake cookies for 15-20 minutes, rotating halfway through for an even bake.

Ingredients: AP flour, butter, granulated sugar, brown sugar, egg, molasses, ground ginger, cinnamon, clove, salt.

Contains: Wheat, dairy, egg.

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

typ larb and bulgur wheat lettuce wraps with cucumber salad and roasted peanuts

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

TVP Larb and
Bulgur Wheat

Cucumber Salad

Salanova Lettuce,
Radish, Cilantro
and Mint

Roasted Peanuts
(omitted for "no
nut" members)

Pair with the
crisp and min-
eral-laden Lioco
Chardonnay or
the refreshingly
tart Infectious
Groove Sour Ale
from O'so Brewing
Company

- 1 Stir TVP and bulgur together with up to a 1/2 cup of water in a shallow pan over medium-high heat; cook, stirring occasionally, until the water is evaporated and the dish is heated through, about 6 minutes. Alternately, microwave TVP and bulgur with a splash of water on High until heated through, 3-6 minutes.
- 2 Meanwhile, pick the mint and cilantro leaves from their stems; chop or leave whole as desired. Wash and slice the radish as thinly as possible.
- 3 Remove TVP mix from heat, and season to taste with salt and pepper.
- 4 Place lettuce leaves on serving plates, and divide TVP mix over lettuce leaves.
- 5 Top each wrap with cucumber salad, mint, cilantro, radish, and roasted peanuts. Fold the lettuce around the filling and enjoy!

TVP Larb and Bulgur Wheat: TVP, bulgur wheat, honey, shallot, garlic, chile de arbol, thai chile, soy sauce, salt, pepper, lime, lemongrass, ginger.

Cucumber Salad: Cucumber, red onion, mint, cilantro, rice vinegar, sugar, salt.

Roasted Peanuts

Salanova Lettuce, Radish, Cilantro and Mint

Contains: Wheat, soy, mint.

② READY-TO-EAT

yellow split pea cranberry bean soup with cherry tomato confit and crispy kale

Preheat oven to 350°F. Strip kale off of stems and tear leaves into bite-sized pieces. Toss kale with olive oil, salt and pepper. Spread evenly on one or two sheet trays. Roast in the oven for 15 minutes or until crispy.

Place soup in large saucepot with a splash of water. Reheat over medium heat until heated through, stirring occasionally. Alternately, heat in microwave on Medium High, stirring every minute, for 4-10 minutes.

Portion soup into bowls, top with tomato confit and crispy kale. Enjoy!

Yellow Split Pea Cranberry Bean Soup: Yellow split pea, vegetable stock, cranberry bean, onion, carrot, celery, red wine vinegar, garlic, turmeric, coriander, paprika, salt, pepper, bay leaf.

Cherry Tomato Confit: Cherry tomato, sunflower oil, olive oil, shallot, garlic, thyme, rosemary, salt, pepper.

Kale.

③ FARM-TO-FREEZER

smothered sweet potato and black bean burritos with green chile sauce

See label for ingredients and reheating instructions.



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