

PASTURE AND PLENTY

DATE: DECEMBER 21, 2020 | VEGETARIAN

HOORAY, IT'S MONDAY!

It's Christmas week, meal kit friends! With a million and one things left to bake, wrap, and do, we're excited for an easy cooking week. Aren't you? And with some healthy fare, hello white beans and pickled apples, mixed with comfort food faves like grilled cheese and tetrazzini, we hope we hit a mix that will start your big week off right. Have a safe, healthy and merry week, in every way. Happy Holidays from all of us to all of you!



herbed garlic white beans
with wild rice, butternut squash and
pickled apple
salad



roasted fennel tomato soup
with Silver Lewis meunster and Kindred
Creamery smoked gouda grilled cheese



tetrazzini
with mushrooms, kale and peas



PRODUCER SPOTLIGHT

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

Bering Bounty
Elderberry Hill Farm
Enos Farms
5th Season Co-op
Kindred Creamery
Silver Lewis Cheese
Madison Sourdough Co.

EXTRA GOODNESS

Swedish almond cake

Store at room temperature and enjoy within a week.

Ingredients: AP flour, sugar, egg, butter, almonds, baking soda, baking powder, almond extract, lemon zest, salt.

Contains: Dairy, wheat, egg, tree nuts.

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

herbed garlic white beans with wild rice, butternut squash and pickled apple salad

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Herbed Garlic White Beans

Wild Rice Salad

Pickled Apples

Orange Balsamic Vinaigrette

Kale

Pair with a silky and subtle red, such as Folk Machine's 2019 Pinot Noir, or a crisp pilsner, like the Italian Pils from Working Draft Brewing Co.

- 1 Reheat white beans in a saucepan over medium heat, stirring often to prevent scorching.
- 2 While beans are reheating, strip kale from stem and tear into bite-sized pieces.
- 3 Toss wild rice salad, kale and orange balsamic vinaigrette together in a large bowl and divide evenly onto plates. Top with pickled apples and serve beans alongside or on top of salad if desired. Enjoy!

Herbed Garlic White Beans: White bean, onion, garlic, chive, thyme, rosemary, parsley, red chile flake, lemon, salt, pepper.

Wild Rice Salad: Wild rice, brussels sprout, butternut squash, cranberry, olive oil, bay leaf, chile de arbol, salt, pepper.

Pickled Apples: Apple, white vinegar, sugar, salt, bay leaf, chile de arbol.

Orange Balsamic Vinaigrette: Sunflower oil, orange, balsamic vinegar, dijon mustard, salt, pepper.

Kale

Contains: Beans/lentils.

② READY-TO-EAT

roasted fennel tomato soup with Silver Lewis meunster and Kindred Creamery smoked gouda grilled cheese

Heat soup in saucepan over medium heat, stirring occasionally, until hot, about 6 minutes.

Smear herbed butter on both sides of sandwich. Heat a skillet over medium heat; place sandwich in skillet and toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, and dinner is on!

Roasted Fennel Tomato Soup: Tomato, vegetable stock, onion, fennel, carrot, celery, red wine, red wine vinegar, salt, pepper.

Grilled Cheese: MSCo rosemary sourdough (wheat, water, rosemary, salt), Silver Lewis meunster (milk, cheese cultures, salt, enzymes, annato), Kindred Creamery gouda (milk, cheese culture, salt, enzymes).

Compound Butter: Butter, garlic, chive, thyme, rosemary, parsley, salt, pepper.

Contains: Wheat, dairy.

③ FARM-TO-FREEZER

tetrazzini with mushrooms, kale and peas

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