

# PASTURE AND PLENTY

DATE: JANUARY 11, 2021 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Welcome to a bright new week, meal kit friends! We're cooking up some healthy treats for you this January, and hope you enjoy. Bite in to a hearty housemade bean burger, with added veggies galore. Slurp up a brothy and restorative soup, with vibrant citrus notes. And tuck into a chickpea curry, rich with warming spices, with brown rice. Then, indulge in a little extra goodness, a bright lemon mousse. Here's to a great week, ya'll!

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**black bean walnut burger**  
with remoulade, winter slaw and charred  
carrot kale quinoa salad

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**Yucatán gigante bean soup**  
with tortilla strips and pickled red onion

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**chickpea coconut cashew  
curry** over brown rice



### PRODUCER SPOTLIGHT

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

Sitka Salmon  
Madison Sourdough Co.  
Elderberry Hill Farm  
Gentle Breeze Honey  
Sassy Cow Creamery  
Vitruvian Farm

### EXTRA GOODNESS

#### lemon mousse

Store in the refrigerator. Enjoy within 5 days.

Ingredients: Lemon juice, lemon zest, cream cheese, sugar, cream, vanilla, salt.

Contains: Dairy.

### 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

## black bean walnut burger

with remoulade, winter slaw and charred carrot kale quinoa salad

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

Black Bean Walnut  
Burger Mix

Remoulade

Cabbage Fennel  
Celeriac Slaw

Charred Carrot  
Kale Quinoa Salad

MSCo Brioche  
Bun

Pair with a light  
and lively Folk  
Machine Pinot  
Noir or a fruity  
and cloudy Pale  
Weizenbock from  
Giant Jones

- 1 Form black bean walnut burger mix into desired number of patties. Heat skillet over medium heat for a minute or two, then swirl in a small amount of olive oil.
- 2 Place burgers in skillet; cook until browned on one side, about 4 minutes. Turn burger over; cook until internal temperature reaches 145°F, about 3 minutes more.
- 3 Meanwhile, toast brioche bun in a toaster or under the broiler until lightly browned. Place burger on bottom bun, followed by slaw, remoulade and top bun.
- 4 Serve with quinoa salad, remaining slaw and remoulade. Enjoy!

**Black Bean Burger Mix:** Black bean, onion, poblano pepper, garlic, adobo chiles, queso fresco (milk, salt, enzymes), mayonsaise, egg, panko, spices, walnut, salt, pepper.

**Remoulade:** Sunflower oil, egg, red wine vinegar, Dijon mustard, salt, pepper, caper, cornichon, parsley, lemon juice, horseradish, pepper.

**Cabbage Fennel Celeriac Slaw:** Green cabbage, celeriac, fennel, olive oil, lemon, salt, pepper.

**Charred Carrot Kale Quinoa Salad:** Quinoa, carrot, kale, queso fresco (milk, salt, enzymes), scallion, red wine vinegar, honey, olive oil, salt, pepper.

**MSCo Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt.

**Contains:** Dairy, tree nuts, honey, raw allium, egg, wheat.

② READY-TO-EAT

## Yucatán gigante bean soup with tortilla strips and pickled red onion

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

Divide soup into bowls, top with tortilla strips and pickled onion. Dig in!

**Yucatan Gigante Bean Soup:** Vegetable stock, gigante bean, onion, celery, carrot, tomato, green bell pepper, garlic, lime, grapefruit, oregano, cinnamon, allspice, clove, bay leaf, cilantro, salt, pepper.

**Tortilla Strips:** Corn, water, salt, lime, canola oil.

**Yucatan-style Pickled Red Onion:** Red onion, grapefruit, orange, lime, salt, peppercorn, all-spice, bay leaf.

**Contains:** Cinnamon, raw allium.

③ FARM-TO-FREEZER

## chickpea coconut cashew curry over brown rice

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