

PASTURE AND PLENTY

DATE: FEBRUARY 22, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Hooray for a return to a bit more normal Winter weather. Still cold, but we can venture out without our eyelashes freezing, friends. Hopefully, we can help keep the warmth going this week with our menu lineup: comforting feijoada bean stew, Winter minestrone (chock-full of alllll the veggies), and those delicious squash galettes from Tart Baked Goods. Oh, and who doesn't love a good slice of banana bread? Enjoy the bounty, meal kit fam!



PRODUCER SPOTLIGHT

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

Enos Farms
Marr's Valley View Farm
Jones Dairy Farm
Driftless Organics
Tart Baked Goods



sweet potato feijoada
with brown rice, sautéed
lacinato kale and farofa



winter minestrone
with great northern beans
and spinach pesto



**Tart Baked Goods squash
and fontina galette**
with a green salad
and cherry balsamic vinaigrette

EXTRA GOODNESS

**banana bread
with toasted walnuts**

Keep at room temperature and enjoy within 5 days.

Ingredients: Banana, ap flour, butter, sugar, egg, yogurt (pasteurized skim milk, cream, milk protein concentrate, pectin, enzymes, live active cultures), vanilla, cinnamon, walnut, baking soda, salt.

Contains: Wheat, dairy, egg, cinnamon/nutmeg, 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

sweet potato feijoada

with brown rice, sautéed lacinato kale and farofa

PREP &
COOK TIME

25

MINUTES

IN YOUR BAG

Sweet Potato
Feijoada

Brown Rice

Lacinato Kale

Farofa

Pair with the lively
and zippy Storm
Point Swartland
Red Blend
or
the tropical
Pompeii IPA from
Toppling Goliath
Brewing Co.

- 1 De-stem kale and give it a quick rinse. Tear into bite-sized pieces.
- 2 Reheat feijoada over low heat in a pan with a half cup of water until hot, about 5 to 10 minutes, stirring occasionally.
- 3 Preheat a large sauté pan over medium heat. Add a drizzle of olive oil and then your prepared kale. Sauté until wilted, about 5 to 10 minutes, then season with salt and pepper to taste.
- 4 Add rice to kale pan along with a 1/2 cup water, continue to heat and stir until water is mostly evaporated and everything is hot (about 5 minutes).
- 5 Divide rice onto plates, top with hot feijoada and a sprinkle of farofa. Enjoy!

Sweet Potato Feijoada: Black bean, onion, tomato, bell pepper, vegetable stock, sweet potato, garlic, scallion, cilantro, oregano, cumin, salt, pepper.

Brown Rice: Brown rice, water, bay leaf, chile de arbol, salt, pepper.

Farofa: Manioc flour, butter, onion, scallion, cilantro, parsley.

Lacinato Kale

Contains: Beans/lentils, dairy.

② READY-TO-EAT

winter minestrone

with great northern beans
and spinach pesto

Reheat minestrone in a sauce pan with a splash of water if it needs to be thinned out. Simmer until heated through, about 5 to 10 minutes.

Divide soup into bowls and top with spinach pesto.

Winter Minestrone: Vegetable stock, great northern bean, ditalini pasta (semolina, durum wheat flour, vitamin B3, iron, vitamin B1, vitamin B2, folic acid), onion, tomato, carrot, celery, butternut squash, celeriac, parsnip, swiss chard, garlic, salt, pepper.

Spinach Pesto: Sunflower oil, olive oil, spinach, arugula, pepitas, sarvecchio (milk, salt, cultures, enzyme), basil, red wine vinegar, salt, pepper.

Contains: Dairy, wheat, egg, beans/lentils.

③ FARM-TO-FREEZER

Tart Baked Goods

squash and fontina galette

with a green salad and
cherry balsamic vinaigrette

Toss mixed greens with desired amount of cherry balsamic vinaigrette.

See galette 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