

PASTURE AND PLENTY

DATE: MAY 3, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

Welcome to May, Meal Kit gang. We're ushering in the month by celebrating Cinco de Mayo! Enjoy your taco kits, featuring tortillas from La Cosecha, your citrusy and bright Yucatán soup, and your indulgent Tres Leches cakes. And maybe whip up a few margaritas to go with! We sure are. And, treat yourself even more with a long-time fave – breakfast for dinner. What a week!



**green lentils, spinach,
cauliflower and poblano
taco kit** with La Cosecha tortillas
and refried beans



French toast casserole with
red potato, ramp and kale hash and
B&E maple syrup



Yucatán gigante bean soup



PRODUCER SPOTLIGHT

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

Arndt Farms
La Cosecha
Madison Sourdough
Pecatonica Farms
JenEhr Family Farm
Winterfell Acres
Vitruvian Farms
Elderberry Hill Farms
Raleigh's Hillside Farm

EXTRA GOODNESS tres leches jars

Keep refrigerated and enjoy within 5 days.

Ingredients: Milk, egg, flour, granulated sugar, heavy cream, sweetened condensed milk, evaporated milk, vanilla, baking powder, salt, cinnamon.

Contains: Milk, eggs, wheat, cinnamon/ nutmeg.

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

green lentils, spinach, cauliflower and poblano taco kit with La Cosecha tortillas and refried beans

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

La Cosecha
Tortillas

Green Lentils
and Vegetable
Taco Filling

Refried Beans

Pickled Red Onion

Salsa Roja

Queso Fresco

Pair with the
earthy and fruity
Ver Sacrum
"Gloria" Garnacha
or with the hoppy
and grapefruity
Damn These High
Heels Hazy Pale
Ale from Young
Blood Beer
Company

- 1 Reheat spring vegetable filling in a hot skillet with a little oil or butter. Everything is already cooked, so you're looking for a little browning and everything to be hot.
- 2 Gently reheat refried beans in a saucepan with a splash of water, stirring often to prevent sticking.
- 3 Place barbacoa under broiler. Check often. You're looking for the ends of the meat to be crispy and the rest to be heated through.
- 4 Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.
- 4 Build tacos to your liking using spring veggies, queso fresco, salsa roja and pickled red onions. Save a little queso for topping your beans. Enjoy!

Green Lentils & Vegetable Taco Filling: Green lentil, cauliflower, poblano pepper, spinach, scallion, spices, salt, pepper.

Refried Beans: Pinto bean, onion, butter, garlic, oregano, salt.

Salsa Roja: Tomato, onion, garlic, jalapeño, cilantro, lime, canola oil, salt, pepper.

Queso Fresco: Whole milk, salt, enzymes, culture.

Pickled Red Onion: Red onion, jalapeño, white vinegar, salt, sugar, spices.

La Cosecha Tortillas: Corn, salt, water, lime.

Contains: Bean/lentil, raw allium, dairy.

② READY-TO-EAT

French toast casserole with red potato, ramp and kale hash and B&E maple syrup

Preheat oven to 350°F.

Cover french toast casserole with foil and bake until heated through, 20 to 50 minutes, depending on the number of servings.

Preheat a sauté pan, large enough to hold the hash, with a splash of olive oil over medium heat. Add hash and cook, stirring occasionally until kale is wilted and vegetables are hot throughout.

When french toast casserole is hot, remove from oven and divide onto plates with hash. Top with B&E syrup and enjoy!

French Toast Casserole: Brioche (ap flour, butter, sugar, egg, milk powder, salt, yeast, water), egg, cream, walnut, brown sugar, whiskey, vanilla, cinnamon, nutmeg, salt.

Spring Vegetable Hash: Red potato, red onion, ramps, kale, radish, olive oil, red wine vinegar, spices, salt, pepper.

B&E Maple Syrup

Contains: Wheat, dairy, egg, tree nuts, cinnamon/nutmeg.

③ FARM-TO-FREEZER

Yucatán gigante bean soup

See label for ingredients and cooking 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

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M 3:30pm-7:30pm **T-F** 11am-7pm
SAT 9am-1pm