

PASTURE AND PLENTY

DATE: AUGUST 16, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're packing summer produce into every bite this week, friends. Peppers, kohlrabi, radish, fennel, sweet corn, greens, herbs, tomatoes... the list goes on and on. Dig in and enjoy your family friendly faves – BBQ sammies, stuffed peppers, and risotto – chock-full of all this farm-fresh goodness. Such a great time to live in Wisconsin!



red beans & wild rice stuffed pepper with mixed greens and orange balsamic vinaigrette



BBQ green lentil sandwich with vegetable slaw and cucumber salad



sweet corn risotto with cranberry beans, zucchini and cherry tomatoes



PRODUCER SPOTLIGHT

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

Garden To Be
Winterfell Acres
Raleigh's Hillside Farm
Vitruvian Farms
Crossroads Family Farm
Stalzy's
Madison Sourdough Co.

EXTRA GOODNESS lemon & white chocolate blondies

Instructions: Store at room temperature.

Ingredients: Butter, sugar, egg, ap flour, white chocolate chip, walnut, lemon zest, vanilla, cornstarch, baking powder, salt.

Contains: dairy, wheat, egg, chocolate, tree nut.

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

red beans & wild rice stuffed pepper

with mixed greens and orange balsamic vinaigrette

PREP &
COOK TIME

45

MINUTES

IN YOUR BAG

Bell Pepper

Red Bean & Wild
Rice Filling

Sarvecchio & Herb
Breadcrumbs

Mixed Greens

Orange Balsamic
Vinaigrette

PAIR WITH

the slightly chilled
Cardedu "Astili"
Rosso Sardega or
the Mosaic
hopped Pompeii
IPA from Toppling
Goliath

1 Preheat oven to 400°F. Cut the peppers in half lengthwise and carefully remove core, seeds and ribs using a paring knife. Arrange the peppers, cut-sides up, in a 9-by-9-inch pan or other baking dish in which they fit snugly.

2 Divide filling equally into pepper halves and bake, uncovered, in preheated oven for 30 minutes.

3 After 30 minutes, sprinkle peppers with breadcrumb mixture and bake an additional 10 to 15 minutes until topping is browned and crunchy.

4 Remove peppers from oven and plate. Toss greens with orange balsamic vinaigrette and serve alongside peppers. Enjoy!

Red Bean & Wild Rice Filling: Wild rice, red bean, onion, celery, fennel, kale, tomato, garlic, red wine vinegar, scallion, chive, thyme, rosemary, parsley, salt, pepper, red pepper flake **Sarvecchio & Herb Breadcrumbs:** Sarvecchio (milk, enzyme, salt, culture), breadcrumb (ap flour, water, salt, olive oil, pepper), parsley, thyme, rosemary **Orange Balsamic Vinaigrette:** Sunflower oil, orange, balsamic vinegar, dijon mustard, honey, salt, pepper

Contains: Dairy, wheat

② READY-TO-EAT

BBQ green lentil sandwich

with vegetable slaw and cucumber salad

Reheat lentils in a small saucepot with a splash of water until hot, about 5 to 6 minutes, stirring occasionally.

Give both the slaw and cucumber salad a stir to redistribute the dressing. Toast bun, if desired.

Pile BBQ lentils on bottom of toasted bun, top with vegetable slaw and other half of bun. Serve with cucumber salad on the side. Enjoy!

BBQ Green Lentils: Green lentil, tomato, onion, carrot, water, cider vinegar, white vinegar, brown sugar, garlic, ancho chile, guajillo chile, cumin, salt, pepper **Slaw:** Carrot, radish, fennel, kohlrabi, sunflower oil, egg, red wine vinegar, dijon mustard, lemon, cilantro, salt, pepper **Salad:** Cucumber, red onion, dill, white vinegar, sugar, salt, bay leaf, chile de arbol **MSCo Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt

Contains: Wheat, dairy, raw allium, egg

③ FARM-TO-FREEZER

sweet corn risotto

with cranberry beans, zucchini and cherry tomatoes

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