

PASTURE AND PLENTY

DECEMBER 13, 2021 | VEGETARIAN

HOORAY, IT'S MONDAY!

And a tasty Monday at that! Our flavor-packed sloppy joes come on a pillowy bun paired with a creamy avocado-tomatillo salsa and a crispy, tangy slaw to cut the heat. The Thai red curry is chock-full of vegetables and rich with coconut milk, but the roasted peanuts add a perfect crunchy topping. And then there's our favorite comfort food to top it off – black-eyed pea noodle soup!



green lentil sloppy joe with shredded root vegetable slaw



Thai red curry with tofu over cilantro lime brown rice and topped with roasted peanuts



black-eyed pea noodle soup



PRODUCER SPOTLIGHT

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

Happy Valley Farm

Marr's Valley View Farm

Vitruvian Farms

Garden to Be

Crossroads Community Farm

Driftless Organics

Madison Sourdough Co.

EXTRA GOODNESS

winter spice muffins

Instructions: Store at room temperature. If desired, reheat muffins briefly before enjoying.

Ingredients: AP flour, rye flour, sugar, buttermilk, butter, egg, oat, raisin, cinnamon, nutmeg, clove, baking soda.

Contains: *Wheat, dairy, egg, cinnamon*

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 lentil sloppy joe with shredded root vegetable slaw

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Green Lentil
Sloppy Joe

Salsa Aguacate

Shredded Root
Vegetable Slaw

MSCo Brioche
Bun

PAIR WITH

the lush and juicy
Ver Sacrum
"Gloria" Garnacha
or
with the juicy and
hazy Crescendo
Double IPA from
City Lights
Brewing Co.

- 1 Reheat Sloppy Joe in a saucepan over medium heat until hot, about 6 to 8 minutes. Add in up to 1/4 cup of water per serving to loosen and stir occasionally to prevent sticking.
- 2 While sandwich filling is reheating, slice and toast brioche buns in a skillet with a drizzle of olive oil, or in the toaster. Give root vegetable slaw a toss to redistribute the dressing.
- 3 On your plate, divide filling onto buns, top with salsa and serve slaw alongside. Dig in!

Green Lentil Sloppy Joe: Green lentil, onion, poblano pepper, tomato, sugar, chili powder, achiote, garlic, oregano, cumin, pepper, vinegar, brown sugar **Salsa Aguacate:** Avocado, tomatillo, water, garlic, lime, cilantro, salt **Shredded Root Vegetable Slaw:** Green cabbage, carrot, radish, purple daikon, white daikon, pink daikon, scallion, rice wine vinegar, sugar, salt, pepper **MSCo Brioche Bun:** AP flour, butter, sugar, egg, milk powder, yeast, salt

Contains: dairy, wheat

② READY-TO-EAT

Thai red curry with tofu over cilantro lime brown rice and roasted peanuts

Heat curry and rice in separate saucepans over medium-low heat until hot, adding up to 1/2 cup water as needed, for about 6 minutes.

Alternately, heat curry and rice in microwave on High until hot, stirring every minute or so, for about 3 minutes.

Divide rice onto plates, top with curry. Garnish with roasted peanuts and enjoy!

Thai Red Curry with Tofu: Coconut milk, tofu (soybeans, water, calcium bisulfate, glucono delta lactone, butternut squash, carrot, onion, red bell pepper, celeriac, cauliflower, garlic, ginger, red curry paste (chili pepper, shallot, lemongrass, Kaffir lime, galangal, spices), rice wine vinegar, salt, lime, cilantro **Cilantro Lime Brown Rice:** Brown rice, water, cilantro, lime juice, salt **Roasted Peanuts:** Peanuts, olive oil, salt, pepper

Contains: coconut, soy, peanut (optional)

③ FARM-TO-FREEZER

black-eyed pea noodle soup

See label for instructions and ingredients.



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