PASTURE AND PLENTY

JANUARY 31, 2022 | OMNIVORE

HOORAY, IT'S MONDAY!

We reach for comfort food all winter long, friends, and this week is no different! There's the quintessential cozy fave: tomato soup and grilled cheese. Then we have a creamy, cheesy (but chock-full of veg) pasta bake. And, last but not least, a bowl of full of rice and beans, topped with Alsum's sweet-corn. If Wisconsin sweet corn isn't a comfort food, we don't know what is!

carnitas black bean burrito bowl with brown rice, corn "pico" and queso fresco

tomato basil soup with grilled cheese, herb butter and sweet pepper relish

chicken tetrazzini with four mushrooms, peas and greens

PRODUCER SPOTLIGHT

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

Alsum Sweet Corn

Madison Sourdough Co.

Happy Valley Farm

Vitruvian Farm

EXTRA GOODNESS

oatmeal raisin muffins

Instructions: Store at room temperature and eat within a week. Reheat briefly before enjoying!

Ingredients: Oats, ap flour, sugar, egg, oil, applesauce, milk, carrot, raisin, baking powder, cinnamon, baking soda, salt, ginger.

Contains: Wheat, dairy, egg, cinnamon

WHOLE GRAIN SNACK SHARE (ADD-ON)

sweet potato miso cookies

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

carnitas black bean burrito bowl

with brown rice, corn "pico" and queso fresco

PREP & COOK TIME

15 MINUTES

IN YOUR BAG

Carnitas

Black Beans

Brown Rice

Corn "Pico"

Queso Fresco

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the hoppy Double Red Ale from Giant Jones

1. Reheat rice and black beans, in separate pans, on the stovetop over medium-low heat for about 6 to 8 minutes. If necessary, add up to 1/4 cup of water. Stir occassionally. Alternately, reheat rice and beans, separately, in 30 second bursts in microwave until hot, stirring in between to encourage even heating.
2. Meanwhile, position oven rack close to broiler; preheat broiler to High. Spread carnitas in a single layer on a foil-lined sheet tray, roast in oven until hot and crispy, about 3 to 5 minutes. Alternatively, reheat carnitas in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crispy.
3. Divide rice and beans into bowls, top with carnitas, corn pico and queso fresco. Enjoy!

Carnitas: Pork, onion, orange, brown sugar, garlic, lime, salt, pepper, oregano **Blalck Beans:** Black bean, onion, jalapeño, cilantro, cumin, coriander, salt, pepper **Brown Rice:** Brown rice, water, cilantro, salt, pepper **Corn "Pico":** Corn, tomato, pickled red onion (red onion, white vinegar, sugar, salt, bay leaf, chile de arbol), red bell pepper, yellow bell pepper, jalapeño, lime, salt, pepper **Queso Fresco:** Milk, salt, enzymes

Contains: Dairy, pork

2 READY-TO-EAT

tomato basil soup

with grilled cheese, herb butter and sweet pepper relish

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

Spread some sweet pepper relish inside the sandwich.

Heat a skillet over medium-low heat; melt herb butter in pan. As soon as butter melts, place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, garnish with any extra relish and dinner is on!

Tomato Basil Soup: Tomato, vegetable stock, onion, celery, carrot, fennel, leek, garlic, red wine vinegar, olive oil, basil, salt, pepper **Grilled Cheese:** MSCo bread (flour, water, salt, rosemary), muenster (milk, culture, salt, enzymes, annato), gouda (milk, culture, salt, enzymes) **Herb Butter:** Cream, garlic, thyme, parsley, chive, lemon, salt, pepper **Sweet Pepper Relish:** Red bell pepper, yellow bell pepper, onion, white vinegar, apple cider vinegar, sugar, salt, mustard seed, paprika

Contains: Wheat, dairy

3 FARM-TO-FREEZER

chicken tetrazzini with four mushrooms, peas and greens

See label for ingredients and reheating instructions.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL

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
608.665.3770 • pastureandplenty.com

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

PASTURE AND PLENTY

JANUARY 24, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

We reach for comfort food all winter long, friends, and this week is no different! There's the quintessential cozy fave: tomato soup and grilled cheese. Then we have a creamy, cheesy (but chock-full of veg) pasta bake. And, last but not least, a bowl of full of rice and beans, topped with Alsum's sweetcorn. If Wisconsin sweet corn isn't a comfort food, we don't know what is!

sweet potato black bean burrito bowl with brown rice, corn "pico" and queso fresco

tomato basil soup with grilled cheese, herb butter and sweet pepper relish

butternut squash tetrazzini with four mushrooms, peas and greens

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EXTRA GOODNESS

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Contains: Wheat, dairy, egg, cinnamon

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sweet potato miso cookies

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1 THE COOK KIT

sweet potato black bean burrito bowl

with brown rice, corn "pico" and queso fresco

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Blackened Sweet Potato

Black Beans

Brown Rice

Corn "Pico"

Queso Fresco

PAIR WITH

the fresh and fruity El Jefe Tempranillo or the hoppy Double Red Ale from Giant Jones

1. Preheat oven to 400°F. Spread blackened sweet potatoes in a single layer on a sheet tray; roast in oven until hot and starting to crisp, about 10 to 15 minutes. Alternatively, reheat sweet potatoes in a skillet over medium-high heat for about 3 to 5 minutes, until hot and crisping.
2. Meanwhile, reheat rice and black beans, in separate pans, on the stovetop over medium-low heat for about 6 to 8 minutes. If necessary, add up to 1/4 cup of water. Stir occassionally. Alternately, reheat rice and beans, separately, in 30 second bursts in microwave until hot, stirring in between to encourage even heating.
3. Divide rice and beans into bowls, top with sweet potatoes, corn "pico" and queso fresco. Enjoy!

Blackened Sweet Potato: Sweet potato, olive oil, paprika, onion powder, garlic powder, cumin, brown sugar, salt, pepper **Blalck Beans:** Black bean, onion, jalapeño, cilantro, cumin, coriander, salt, pepper **Brown Rice:** Brown rice, water, cilantro, salt, pepper **Corn "Pico":** Corn, tomato, pickled red onion (red onion, white vinegar, sugar, salt, bay leaf, chile de arbol), red bell pepper, yellow bell pepper, jalapeño, lime, salt, pepper **Queso Fresco:** Milk, salt, enzymes

Contains: Dairy

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