

PASTURE AND PLENTY

MARCH 7, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

This week's menu features TWO of our P&P Makeshop partners: Tart Baked Goods and La Cosecha Tortillas. The Galettes from Tart are chock-full of local mushrooms from Vitruvian Farms encased in their signature flaky and buttery crust that you know and love. Then, tortillas from La Cosecha (made with local, heirloom corn hand-ground into masa in our Makeshop kitchen) will be heading into your Enchiladas! See what we mean? This menu is good!



black bean & roasted root vegetable enchilada kit
with green chile sauce and La Cosecha tortillas



mushroom and bulgur balls
with lemon yogurt sauce and cauliflower golden raisin pilaf



Tart Baked Goods
mushroom and leek galette
with greens and orange balsamic vinaigrette



PRODUCER SPOTLIGHT

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

Tart Baked Goods
La Cosecha
Vitruvian Farms
Century Sun Oil
Saffi Foods
Winterfell Acres
Alsum Sweet Corn
Fifth Season Cooperative

EXTRA GOODNESS

brown butter chocolate chip cookie dough

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt

Contains: Wheat, dairy, egg, chocolate

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

black bean & roasted root vegetable with green chile sauce and La Cosecha tortillas

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Root Vegetable
Enchilada Filling

La Cosecha
Tortillas

Salsa Verde

Cheese Blend

Red Rice and
Beans

PAIR WITH

the lush and juicy
Ver Sacrum
"Gloria" Garnacha
or
the slightly bitter
and citrusy
Fantasy Factory
IPA from Karben4

- 1 Preheat oven to 400°F. Warm a heavy bottomed skillet over medium heat.
- 2 Warm each tortilla in the skillet, flipping often, about 5 seconds a side, until warm and foldable. Stack and wrap in a kitchen towel to keep warm.
- 3 Brush a little salsa verde on both sides of each tortilla, divide enchilada filling onto tortillas and roll each one up leaving the seam side down to keep from unrolling. Place them tightly into a baking dish and top with remaining sauce and cheese blend.
- 4 Bake enchiladas until cheese is melted and everything is heated through to 165°F, about 20 minutes.
- 5 While enchiladas bake, reheat the red beans and rice on the stovetop over medium-low heat until hot.
- 6 Plate the enchiladas next to the rice and beans and dig in!

Root Vegetable Enchilada Filling: Butternut squash, black bean, corn, yellow potato, sweet potato, beet, yellow onion, poblano pepper, garlic, spices, scallion, cilantro, salt, pepper
La Cosecha Tortillas: Corn, salt, water, lime
Salsa Verde: Tomatillo, yellow onion, jalapeño, cilantro, vegetable stock, lime, garlic, olive oil, salt
Cheese Blend: Chihuahua cheese (milk, salt, enzyme, culture), cheddar (milk, salt, enzyme, culture)
Red Beans & Rice: Converted white rice, red bean, corn, tomato, water, garlic, scallion, spices, salt, pepper

② READY-TO-EAT

mushroom and bulgur balls with lemon yogurt sauce and cauliflower pilaf

Preheat oven to 375°F. Place mushroom balls (they are pre-cooked) in a shallow baking dish; cover with foil. Reheat in the preheated oven until heated through, about 20 minutes. Remove from oven, add a splash of water to deglaze baking dish before gently tossing hot mushroom balls with some yogurt sauce.

Meanwhile, reheat pilaf over medium-low heat for 6 to 8 minutes, adding a bit of water as needed.

Divide pilaf onto individual serving plates. Top with hot, yogurt-sauced mushroom balls and serve extra yogurt sauce on side. Enjoy!

Mushroom Balls: Bulgur wheat, greek yogurt, oyster mushroom, crimini mushroom, egg, mint, scallion, salt, cumin, coriander, black pepper, cardamom, star anise, aleppo pepper, cinnamon, turmeric, nutmeg
Yogurt Sauce: Greek yogurt, cream, lemon, garlic, parsley, scallion, salt, pepper
Pilaf: Long grain rice, cauliflower, pepitas, onion, garlic, golden rasin, sherry vinegar, lemon, turmeric, paprika, salt, pepper

Contains: Mushroom, wheat, dairy, egg, cinnamon/nutmeg, tree nuts

③ FARM-TO-FREEZER

mushroom and leek galette with greens and orange balsamic vinaigrette

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