

PASTURE AND PLENTY

APRIL 25, 2022 | VEGETARIAN

HOORAY, IT'S MONDAY!

And what a gorgeous week it's going to be! Sunny skies, warmer temps... what could be better? Not much, friends. Not much. Unless it's this week's meal kit menu... because we think we have a pretty great lineup of meals for you, too! I mean, loaded grilled cheese sandwiches? Ropa Vieja, rich with olives, raisins and capers? And a green minestrone chock-full of herbs, kale, white beans and cute little ditalini? Sounds pretty perfect to us.



loaded grilled cheese
with tomato jam, roasted oyster mushrooms, caramelized onions and arugula salad



tofu "ropa vieja" with Cuban black beans, yellow rice and peas



green minestrone



PRODUCER SPOTLIGHT

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

Arndt Farms
Winterfell Acres
Vitruvian Farms
Driftless Organics
Happy Valley Farm
Hook's Cheese Company
Carr Valley Cheese
Madison Sourdough Co.
Meadowlark Organics

EXTRA GOODNESS

pistachio shortbread dough

Instructions: Keep frozen. Thaw before baking. Bake at 350°F for 10 minutes, or until slightly golden brown around the edges.

Ingredients: Turkey red flour, powdered sugar, butter, pistachios, vanilla, salt.

Contains: Wheat, milk, 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

loaded grilled cheese with tomato jam, roasted oyster mushrooms, caramelized onions and arugula salad

PREP & COOK TIME

15
MINUTES

IN YOUR BAG

Grilled Cheese Sandwich

Tomato Jam

Roasted Mushrooms and Caramelized Onions

Lemon Sherry Maple Vinaigrette

Arugula

PAIR WITH

the bright and fruity Municipal "Bright Red" Blend or with the hoppy Fantasy Factory IPA from Karben4 Brewing

- 1 Open sandwiches and spread tomato jam on one side. Layer on mushrooms and caramelized onions, as well as a bit of the arugula, if desired. Close sandwiches back up.
- 2 Heat a skillet over medium heat; melt a bit of butter in pan. Place sandwiches in skillet, turning to coat both sides of sandwiches with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.
- 3 While sandwiches are cooking, toss remainder of the arugula with enough vinaigrette to coat.
- 4 Cut sandwiches in half and plate with dressed arugula alongside. Dig in!

Grilled Cheese Sandwich: MSCo rosemary sourdough (flour, water, rosemary, salt), Hook's cheddar (milk, enzymes, salt, annatto), Carr Valley smoked gouda (milk, salt, enzymes, annatto, natural smoke) **Tomato Jam:** Tomato, brown sugar, sherry vinegar, salt, ginger, red pepper flake, pepper **Roasted Mushrooms and Caramelized Onions:** Red onion, oyster mushroom, balsamic vinegar, red wine, olive oil, salt, pepper **Lemon Sherry Maple Vinaigrette:** Sunflower oil, canola oil, sherry vinegar, lemon, dijon mustard, maple syrup, salt, xanthum gum **Arugula**

Contains: Wheat, milk, pork, alcohol

② READY-TO-EAT

tofu "ropa vieja" with Cuban black beans, yellow rice and peas

Heat tofu "ropa vieja" and beans in separate sauté pans over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Heat rice and peas in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates, plating tofu "ropa vieja" and beans alongside. Enjoy!

Tofu "Ropa Vieja": Tofu (soybean, water, calcium sulfate, glucono delta lactone), tomato, vegetable stock, red onion, red bell pepper, yellow bell pepper, green bell pepper, garlic, manzanilla olive, golden raisin, caper, salt, parsley, oregano, cumin, paprika, allspice, clove, bay leaf **Cuban Black Beans:** Black bean, water, onion, green bell pepper, orange, garlic, salt **Yellow Rice with Peas:** Brown rice, water, pea, turmeric, onion, garlic, salt

Contains: soy, olive

③ FARM-TO-FREEZER

green minestrone

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