

# PASTURE AND PLENTY

NOVEMBER 28, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Here's to hoping you all had delicious and overly abundant Thanksgivings! If you're looking forward to a reprieve from Thanksgiving fare, we've got you! Look for: local acorn squashes with an enchilada-style filling chock-full of beans, corn, and roasted peppers; savory squash galettes from Tart; and one of your favorite cold weather meals – our farro and cabbage soup (pro tip: enjoy topped with looooooots of grated parm)! How good does that sound?

---



### pinto bean enchilada stuffed acorn squash kit with guajillo salsa



### roasted squash, caramelized onion and fontina galette from Tart with mixed greens and herb lemon vinaigrette



### cabbage, onion and farro 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

Tart

Winterfell Acres

Vitruvian Farms

Elderberry Hill Farm

Saffi Saana

Sartori Cheese

## EXTRA GOODNESS

### gingerbread hot cocoa mix

Instructions: Heat 1 cup of milk (of your choice) and stir in 3 tablespoons of hot cocoa mix.

Ingredients: Powdered sugar, cocoa powder, dry milk, ginger, cinnamon, cornstarch, cloves, salt, nutmeg

Contains: Milk, chocolate, cinnamon/nutmeg

## 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

# pinto bean enchilada stuffed acorn squash kit with guajillo salsa

PREP & COOK TIME

45  
MINUTES

IN YOUR BAG

Pinto Bean Filling

Acorn Squash

Cheese Blend

Guajillo Salsa

PAIR WITH

the fresh and fruity Populis 'Reversée' 2021 Red Blend

or

the slightly bitter and citrusy Future Tense IPA from Working Draft

- 1 Preheat oven to 400°F. Split squash in half, scoop out seeds and pulp, rub cut sides with olive oil and sprinkle with salt.
- 2 Line baking sheet with foil or parchment paper. Place squash cut side down and roast in preheated oven for 20 minutes.
- 3 Remove squash from oven, flip over, and stuff with wild rice filling, mounding any excess onto cut side of squash. Sprinkle with cheese. Roast for 15 to 20 minutes, until filling is heated through to 165°F and cheese topping is melted and slightly browned.
- 4 Plate stuffed squash; serve salsa alongside. Enjoy!

**Pinto Bean Enchilada Filling:** Pinto beans, onion, red bell pepper, yellow bell pepper, poblano pepper, kale, garlic, scallion, cilantro, salt, guajillo chile, ancho chile, pasilla chile, paprika, cumin, coriander, lemon juice  
**Cheese Blend:** Mozzarella (pasteurized milk, cheese culture, salt, enzymes), provolone (pasteurized milk, cheese culture, salt, enzymes)  
**Guajillo Salsa:** Guajillo, water, tomato, garlic, apple cider vinegar, canola oil, cilantro, salt, sugar  
**Acorn Squash**

*Contains: Milk*

② READY-TO-EAT

# roasted squash, caramelized onion and fontina galette from Tart with mixed greens and herb lemon vinaigrette

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Enjoy!

**Tart's Roasted Squash Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, butter (pasteurized cream, natural flavorings), sugar, kosher salt, black pepper, organic butternut squash, onions, fontina cheese, olive oil, cayenne, sage  
**Lemon Herb Vinaigrette:** Canola oil, lemon juice, white wine vinegar, dijon mustard, garlic, honey, basil, parsley, thyme, rosemary, dill, cilantro, salt  
**Mixed Greens**

*Contains: Milk, wheat*

③ FARM-TO-FREEZER

# cabbage, onion and farro 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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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