

# PASTURE AND PLENTY

DECEMBER 5, 2022 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Can you believe it's December already?! Bring on warming meal kits, loaded with flavor and locally-grown goodness and (holiday) cheer! Get excited for: creamy twice-baked sweet potatoes with sautéed kale and pickled red onions; cozy mushroom and wild rice soup with loads of dill and paprika; and a creamy baked pasta chock-full of greens, herbs and feta. Perfect for the start of winter!



**loaded baked sweet potato with BBQ beans, sautéed kale and pickled red onions**



**creamy mushroom, potato and wild rice soup with dill, MSCo miche and dill compound butter**



**baked spanikopita-style pasta with greens and feta**



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Elderberry Hills Farm

Vitruvian Farm

Madison Sourdough Co.

Saffi Saana

Sartori Cheese

### EXTRA GOODNESS

## honey roasted apples

Instructions: Core apples and cut into quarters. Place cut sides up in a small baking dish. Spoon honey syrup over the top and pool in the center. Bake at 350°F for 25 minutes, or until tender. Enjoy!

Ingredients: Apples, honey, cinnamon, vanilla extract, cloves, nutmeg, salt

Contains: 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

**loaded baked sweet potato with BBQ beans, sautéed kale and pickled red onions**

PREP & COOK TIME

**45**  
MINUTES

IN YOUR BAG

- BBQ Beans
- Grilled Scallion Sour Cream
- Cheese Blend
- Pickled Red Onions
- Kale
- Sweet Potato

PAIR WITH

the fruity and tannic Catena Malbec 2019 or the full-bodied an hoppy Double IPA from Giant Jones Brewing

- 1 Preheat oven to 450°F.
- 2 Scrub sweet potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork. Also, strip kale leaves from the stems and roughly chop; set aside.
- 3 Place the sweet potatoes on a baking sheet in the oven, and roast for 45 minutes to an hour, depending on the size of the potatoes, until they offer no resistance when a knife is inserted in their centers. If you are still feeling unsure, use an instant-read thermometer: their internal temperature should be between 208°F and 211°F.
- 4 When the potatoes are done, remove them from the oven, slice them open down the middle and use a spoon to scrape out their flesh into a bowl. Add grilled scallion sour cream, salt and pepper and mash to combine. Spoon the mixture back into the empty jackets, place on a baking sheet, top with the BBQ beans and shower with the three cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden.
- 5 When potatoes go back in the oven, sauté the kale leaves with olive oil, salt and pepper, for about 5 minutes, until slightly wilted, but still vibrantly green. Add the pickled red onions and heat for 1 to 2 minutes more.
- 6 Plate twice baked sweet potatoes and serve sautéed kale with pickled red onions alongside. Dig in!

**BBQ Beans:** White bean, apple, orange, beer, brown sugar, tomato, apple cider vinegar, soy sauce, molasses, salt, pepper, paprika, cumin, celery salt, garlic, onion, thyme **Grilled Scallion Sour Cream:** Cultured milk, cream, scallion, salt, lemon, pepper **Cheese Blend:** Cheddar (milk, culture, salt, enzyme), Jack (milk, culture, salt, enzyme) **Pickled Red Onions:** Red onion, white vinegar, sugar, salt, pepper, chile de arbol, bay leaf, juniper berry **Kale, Sweet Potato**

*Contains: Milk, soy, alcohol*

② READY-TO-EAT

**creamy mushroom, potato and wild rice soup with dill, MSCo miche and dill compound butter**

Reheat soup over medium-low heat until hot, about 6 to 8 minutes, stirring occasionally to prevent sticking.

While soup heats, heat miche in toaster or in a heavy skillet over medium heat with a drizzle of olive oil.

Divide soup into bowls. Schmear miche with compound dill butter; serve alongside. Enjoy!

**Creamy Mushroom, Potato and Wild Rice**

**Soup:** Vegetable stock, wild rice, yukon potato, onion, leek, cream, butter, garlic, olive oil, oyster mushroom, button mushroom, portobello mushroom, red wine vinegar, paprika, red chile flake, caraway seed, thyme, rosemary, dill, salt, pepper **MSCo Miche:** Flour, water, salt, yeast **Dill Compound Butter:** Butter, dill, lemon, salt, pepper

*Contains: Milk, wheat, mushroom*

③ FARM-TO-FREEZER

**baked spanikopita-style pasta with greens and feta**

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

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