

HOORAY, IT'S MONDAY!

We're sooooo excited that La Cosecha's tortillas are on the menu again! La Cosecha makes fresh tortillas with stone-ground local organic corn (from our friends at Meadowlark Organics), using traditional nixtamalization techniques. These tortillas are a real treat; so tender and delicious, full of actual corn flavor, they're nothing like the mass produced corn tortillas you buy at the grocery store! You're going to taste the difference in your enchiladas No question.



black bean, sweet potato and roasted cauliflower enchiladas with La Cosecha tortillas, salsa verde and cilantro lime slaw



caldo verde and P&P cornbread kit



butternut squash tetrazzini with three 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:

- La Cosecha
- Winterfell Acres
- Vitrivian Farms
- Elderberry Hill Farm
- Marr's Valley View Farm
- Meadowlark Organics
- Sassy Cow Creamery
- Fifth Season Co-op
- Saffi Saana

EXTRA GOODNESS **baked cherry oatmeal**

Instructions: Microwave for 25 seconds or bring to room temperature before baking at 350°F for 10-15 minutes.

Ingredients: Oats, eggs, milk, butter, cherries, honey, vanilla, baking powder, salt

Contains: Milk, egg

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, sweet potato and roasted cauliflower enchiladas with La Cosecha tortillas, salsa verde and cilantro lime slaw

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Enchilada Filling

La Cosecha
Tortillas

Cheese Blend

Salsa Verde

Cilantro Lime Slaw

PAIR WITH

the lush and juicy
Ver Sacrum
"Gloria" Garnacha
or

with the hoppy
Fantasy Factory
IPA from Karben4
Brewing

- 1 Preheat oven to 400°F.
- 2 Warm a heavy bottomed skillet over medium heat. 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. Or, stack tortillas in a kitchen towel and microwave to about 15 to 30 seconds to warm.
- 3 Next, assemble the enchiladas. Use a ladle to put a thin layer salsa verde in the bottom of a baking pan. Roll a few tablespoons of filling into each tortilla with a teaspoon or so of salsa verde and place it seam-side down in the pan, nestling each one against the last. Ladle remaining salsa verde over top of rolled tortillas and sprinkle with the cheese.
- 4 Bake until cheese is melted and everything is heated through, about 15 minutes. While enchiladas bake, give the slaw a quick toss to redistribute the dressing.
- 5 Plate the enchiladas next to the slaw and then dig in!

Enchilada Filling: Black bean, sweet potato, cauliflower, kale, queso fresco (milk, salt, culture, enzyme), salt, lime, white wine vinegar, cumin, coriander, paprika, cayenne, chile powder **La Cosecha Tortillas:** Corn, salt, water, lime **Cheese Blend:** Cheddar cheese (pasteurized milk, cheese culture, salt, enzymes, color added), monterey jack cheese (pasteurized milk, cheese culture, salt, enzymes), potato starch, natamycin **Salsa Verde:** Tomatillo, onion, poblano, jalapeño, lime, cilantro, salt, pepper **Cilantro Lime Slaw:** Green cabbage, carrot, radish, apple cider vinegar, cilantro, lime, cumin, salt, pepper

Contains: Milk

② READY-TO-EAT

caldo verde and P&P cornbread kit

Warm soup over low heat in a saucepan, stirring occasionally; keep warm while you bake the cornbread.

If you wish to make corn muffins, grease 6 muffin cups. Or, bake in a medium (9" to 10" diameter) cast iron skillet.

Preheat oven to 400°F. Place the skillet, if using, on the center rack of the cold oven. If making corn muffins, grease 6 muffin cups. Whisk the dry and wet mixes until the batter is smooth and lumps are gone.

For muffins, fill the prepared muffin cups 1/2 full. Bake until edges are golden brown and a toothpick comes out clean, 15 to 20 minutes. If baking in cast iron, carefully remove the cast iron from the oven. Spread butter or oil around the bottom and edges of the pan. Pour the batter into the hot pan and replace in the oven. Bake until the edges are golden brown and a toothpick comes out clean, 12 to 16 minutes.!

Caldo Verde: Potato, onion, garlic, kale, vegetable stock, red wine vinegar, smoked paprika, coriander, guajillo chile, red pepper flake, salt and pepper **Wet Mix:** Egg, milk, vegetable oil **Dry Mix:** AP flour, cornmeal, sugar, baking powder, salt

Contains: Wheat, milk, egg

③ FARM-TO-FREEZER

butternut squash tetrazzini with three mushrooms, peas & greens

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

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