

PASTURE AND PLENTY

FEBRUARY 6, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have another GREAT line-up of travel-inspired meals to share with you: nacho kits with La Cosecha's tortilla chips topped with lentil tinga (a Pueblan dish braised in a chipotle, tomato and onion sauce); hearty Tuscan ribollita soup full of beans, tomatoes and greens with miche croutons and sarvecchio cheese; and our ever-popular dan dan noodles (a Sichuanese sauce with pickled mustard greens, chinkiang vinegar, ginger and soy sauce) Bon Voyage!



PRODUCER SPOTLIGHT

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

La Cosecha
Madison Sourdough Co.
Sassy Cow Creamery
Winterfell Acres
Elderberry Hill Farm
Sartori Cheese
Marr's Valley View Farm



sheet pan nacho kit with La Cosecha tortilla chips and lentil tinga



ribollita with miche croutons and herbed sarvecchio



tofu dan dan sauce with pickled mustard greens and noodles

EXTRA GOODNESS

strawberry orange thyme freezer jam

Instructions: Keep refrigerated and enjoy within 3 days (or freeze for later enjoyment).

Ingredients: Strawberry, sugar, pectin, orange, thyme, salt

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

sheet pan nacho kit with La Cosecha tortilla chips and lentil tinga

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Lentil Tinga

La Cosecha Tortilla Chips

Sweet Potatoes

Cilantro Lime Crema

Shredded Cheese

Pickled Radish, Red Onion and Jalapeños

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 Assemble the nachos on a sheet pan: Put a layer of tortilla chips on the pan and cover with the lentil tinga, then add the sweet potatoes before topping the nachos with the cheese blend. Slide the sheet pan into the oven to bake until everything is hot and the cheese has melted through and is golden, about 10 to 12 minutes.

- 3 Top of the cooked nachos with dollops of lime crema and then scatter the pickled onion, radish and jalapeños over the top. Dig in!

Lentil Tinga: Green lentil, tomato, tomatillo, carrot, onion, garlic, chipotle in adobo (chipotle pepper, tomato purée, onion, vinegar, canola oil, sugar, salt, paprika, garlic), butter, olive oil, salt, oregano, cumin, paprika, coriander

La Cosecha Tortilla Chips: Corn, water, lime, canola oil, salt **Sweet Potatoes:** Sweet potato, olive oil, cumin, onion powder, garlic powder, guajillo chile, pasilla chile, cayenne, ancho chile, la mesa chili powder, oregano, salt, pepper **Cilantro Lime Crema:** Sour cream (cultured milk and cream, whey, corn starch, sodium phosphate, guar gum, carrageenan, sodium citrate, carob bean gum, potassium sorbate), lime, cilantro, salt, pepper **Shredded Cheese:** Mozzarella (pasturized milk, cheese culture, salt), provolone (pasturized milk, cheese culture, salt), cheddar (pasturized milk, cheese culture, salt, annatto) **Pickled Radish, Red Onion and Jalapeños:** Red onion, radish, jalapeño, white vinegar, water, salt, sugar

Contains: Milk

Contains: Milk

② READY-TO-EAT

ribollita with miche croutons and herbed sarvecchio

STOVETOP

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Place croutons in bottom of each bowl. Ladle soup on top of croutons, top with herbed sarvecchio, drizzle generously with olive oil and enjoy!

OVEN

Preheat oven to 425°F. Add about one-third of croutons to an oven-safe pot or baking dish. Top with ribollita. Place remaining croutons on top of stew. Sprinkle herbed sarvecchio over the top and drizzle generously with olive oil.

Place pot in oven and bake until ribollita is thick, bubbling, and bread is golden brown on top, 10 to 15 minutes.

Ladle ribollita into bowls, drizzle again with olive oil and enjoy!

Ribollita: Vegetable stock, white bean, onion, celery, carrot, kale, chard, leek, cabbage, garlic, salt, red wine vinegar, parmesan, white wine, thyme, rosemary, chive, parsley, red chile flake **MSCo Miche Croutons:** Miche (flour, water, salt), olive oil, salt, pepper **Herbed Sarvecchio:** Sarvecchio (milk, culture, salt, enzyme), parsley, thyme, rosemary, chive

Contains: Wheat (optional), milk, alcohol

③ FARM-TO-FREEZER

tofu dan dan sauce with pickled mustard greens and noodles

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