

# PASTURE AND PLENTY

SEPTEMBER 18, 2023 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We're leaning into Fall this week, y'all, with a great line-up of hearty faves. Get excited for: crispy, cheesy baked chipotle lentil tacos with a creamy, cilantro lime ranch and slaw; local heirloom tomato bisque with grilled cheese and a tangy relish; and then a mushroom, roasted red pepper and tomato ragù with Sal's rigatoni! Oh, and how about some nutty, chewy and indulgent tahini blondies for good measure? We can't wait!



**crispy baked chipotle lentil taco kit** with cilantro lime ranch and mixed cabbage slaw



**tomato bisque** with grilled cheese and sweet pepper cucumber relish



**mushroom, roasted red pepper and tomato ragù** with Sal's rigatoni



### PRODUCER SPOTLIGHT

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

Winterfell Acres  
Vitruvian Farms  
Elderberry Hill Farm  
Happy Valley Farm  
Hook's Cheese  
Enos Farms  
Sal's Tomato Pies  
Saffi Saana

### EXTRA GOODNESS

### tahini blondies

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: AP flour, brown sugar, butter, sugar, egg, tahini (sesame), cornstarch, vanilla extract, salt, baking powder, sesame seed

*Contains: Milk, egg, wheat, sesame*

### 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

## crispy baked chipotle lentil taco kit with cilantro lime ranch and mixed cabbage slaw

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

Chipotle  
Lentils

La Cosecha  
Tortillas

Cilantro Lime  
Ranch

Cheese Blend

Mixed Cabbage  
Slaw

PAIR WITH

the fruity and  
spicy  
Zillmina  
Organic  
Spanish Red  
Wine  
or the  
refreshing  
and crisp New  
Glarus Moon  
Man No Coast  
Pale Ale

- 1 Preheat the oven to 425°F.
- 2 Warm the tortillas for 30 seconds to 1 minute in the microwave, until pliable. On a baking sheet, rub the tortillas with olive oil. Lay each tortilla flat and then layer evenly with cheese and lentils. Fold the other half of the tortilla over the filling, gently pushing to make them stick together. Transfer to the oven and bake for about 5 minutes, then flip and cook another 5 minutes, or until the cheese has melted and the tortillas are crisp.
- 3 While the tacos are baking, give the slaw a stir to redistribute the dressing.
- 4 Serve crispy tacos with cilantro lime ranch and slaw on the side!

**Chipotle Lentils:** Brown lentils, water, onion, garlic, chipotle peppers, olive oil, lime, cumin, coriander, oregano, guajillo chile powder, salt  
**La Cosecha Tortillas:** Corn, salt, water, lime  
**Cilantro Lime Ranch:** Sour cream, mayo (sunflower oil, dijon mustard, red wine vinegar, egg, salt, lemon), buttermilk, pickled serrano (serrano, apple cider vinegar, white vinegar, water, sugar, salt, bay leaf, peppercorn, coriander), lime, onion powder, garlic powder, cilantro  
**Cheese Blend:** Cheddar (milk, culture, salt, enzyme, annatto), monterey jack (milk, culture, salt, enzyme)  
**Mixed Cabbage Slaw:** Green cabbage, red cabbage, carrot, pickled red onion (red onion, apple cider vinegar, white vinegar, water, sugar, salt, bay leaf, peppercorn, coriander), pickled serrano pepper (serrano, apple cider vinegar, white vinegar, water, sugar, salt, bay leaf, peppercorn, coriander), lime, salt, sugar

Contains: Milk

② READY-TO-EAT

## tomato bisque with grilled cheese and sweet pepper cucumber relish

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Spread relish (if desired) on one side of each bread slice, add cheese slices on top of relish and close sandwich with the relish and cheese in the middle.

Heat a skillet over medium heat; melt a tablespoon or two of butter in the pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl, garnish with any extra relish and dinner is on!

**Tomato Bisque:** Tomato, vegetable stock, onion, carrot, celery, heavy cream, red wine vinegar, red wine, salt, sugar, basil, thyme, chive, parsley, red chile flake  
**Bread & Cheese:** Madison Sourdough Co bread (flour, water, salt, rosemary), muenster (milk, culture, salt, enzymes), cheddar (milk, culture, salt, enzymes, annatto)  
**Sweet Pepper Cucumber Relish:** Cucumber, green bell pepper, red bell pepper, yellow bell pepper, onion, white vinegar, apple cider vinegar, sugar, salt, mustard seed, celery seed, red chile flake

Contains: Wheat, milk, alcohol

③ FARM-TO-FREEZER

## mushroom, roasted red pepper and tomato ragù with Sal's rigatoni

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