

# PASTURE AND PLENTY

OCTOBER 30, 2023 | OMNIVORE

## HOORAY, IT'S MONDAY!

And we've got meals perfect for a busy and cool week ahead! Not ready for these suddenly frigid temps? Then turn on your oven for a quick and easy, sheet pan dinner of roasted veggies and meatloaf with a tomato glaze. Busy handing out candy on Halloween and no time to cook? Just pop everyone's favorite lemony red lentil soup in a saucepan on the stove! Or, imagine being in a different climate entirely with our Nigerian-inspired fried rice!



**sheet pan meatloaf**  
with roasted vegetables and tomato glaze



**lemony lentil soup**  
with grilled scallion yogurt and naan



**curried chicken and vegetable**  
fried rice



### 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  
Driftless Organics  
Saffi Saana  
Sassy Cow Creamery

### EXTRA GOODNESS

## chocolate dirt cups

Instructions: Keep refrigerated and enjoy within 5 days!

Ingredients: Pot de creme (semi sweet chocolate, heavy cream, egg yolks, sugar, salt), chocolate crumbs (butter, ap flour, sugar, light brown sugar, cocoa powder, eggs, baking soda, vanilla, salt).

Contains: Milk, wheat, egg, chocolate

### 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 meatloaf with roasted vegetables and tomato glaze

PREP &  
COOK TIME

45  
MINUTES

IN YOUR BAG

Meatloaf Mix

Tomato Glaze

Vegetable Bag

PAIR WITH

the darkly  
fruity A La  
Carte  
Cabernet

Sauvignon 2018  
or

with the rich  
and complex  
Grand Porter  
from Giant  
Jones Brewing

- 1 Preheat oven to 350°F. Trim and peel carrots, and turnips; trim radishes. Cut carrots, radishes, turnips and potatoes into similar sized pieces. Aim for around 1-inch to 1.5-inch chunks. Place the cabbage wedges and chopped root vegetables on a sheet pan, drizzle with olive oil and season with salt and pepper. Toss to coat evenly and spread it around evenly on the sheet pan.
- 2 Divide the meatloaf mixture into even oval pieces, about 4-inches by 3-inches. Nestle them between the root veg and cabbage on the sheet pan.
- 3 Brush the tomato glaze generously over the tops of the meatloaves. And brush any extra over the tops of the vegetables!
- 4 Bake in the oven for about 30 minutes, stirring the potatoes and root veg occasionally. You're looking for the cabbage and root vegetables to be fork-tender, golden brown and caramelized around the edges. The meatloaf should register 160°F\* with an instant read thermometer.
- 5 Plate the meatloaf and nestle all of the vegetables alongside. Enjoy!

*\*Consuming undercooked pork may increase your risk of foodborne illness.*

**Meatloaf mix:** Beef, pork, panko, onion, carrot, oyster mushroom, egg, milk, tomato, brown sugar, white wine vinegar, soy sauce, onion powder, garlic powder, salt, rosemary, thyme, red chile flake, pepper. **Tomato Glaze:** Tomato, white wine vinegar, brown sugar, soy sauce, onion, carrot, celery, salt, pepper. **Vegetable Bag:** Radish, turnip, rainbow carrot, cabbage, baby mulicolor potatoes

*Contains: Beef, pork, wheat, egg, milk, soy, mushroom*

② READY-TO-EAT

# lemony lentil soup with grilled scallion yogurt and naan

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes.

Warm naan in the toaster or toaster oven for a few minutes until warmed, soft and pliable.

Portion soup into bowls, garnish with yogurt sauce and enjoy the naan alongside!

**Lemony Lentil Soup:** Red lentil, vegetable stock, onion, celery, carrot, kale, purple kale, turmeric, lemon, smoked paprika, salt, pepper, parsley, dill, red wine vinegar, cayenne **Naan:** Flour, water, canola oil, garlic, red chilli, cumin seed, coriander, salt, green chilli, baking soda **Grilled Scallion Yogurt:** Yogurt (milk, enzymes), cream, scallion, lemon, olive oil, salt, pepper

*Contains: Milk, wheat*

③ FARM-TO-FREEZER

# curried chicken and vegetable fried rice

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, 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-2pm