

PASTURE AND PLENTY

NOVEMBER 6, 2023 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited for our meal kit today, y'all! Our loaded baked potatoes are back, this time topped with FOUR bean chili, cheese, a creamy scallion sour cream and pickled onions and jalapeños! Always a fave! Then there's our kale caesar salad with JustVeggiez "chix" and roasted veggies ready to eat and toss together in a flash. Last, look forward to our classic spicy jambalaya that's sure to heat you up from the inside out in these cooler temps!



loaded baked potato kits
with four bean vegetable chili, cheese and scallion sour cream



kale caesar salad with roasted "chix", mushrooms and vegetables



jambalaya with red beans and roasted cauliflower



PRODUCER SPOTLIGHT

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

- Winterfell Aces
- Elderberry Hill Farm
- JustVeggiez
- Vitruvian Farms
- Madison Sourdough Co.
- Saffi Saana
- Sartori Cheese

EXTRA GOODNESS

almond cherry crisp

Instructions: Take cobbler out of refrigerator to bring to room temperature, then preheat oven to 350°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 20-25 minutes for Meal Kits for 1 and 2 people and about 28-32 minutes for Meal Kits for 4 people.

Ingredients: Filling (cherries, sugar, almond extract, cornstarch, water, salt), crumble (butter, ap flour, brown sugar, almond, granulated sugar, salt, baking soda).

Contains: Milk, wheat, tree nuts (almond)

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 potato kits with four bean vegetable chili, cheese and scallion sour cream

PREP & COOK TIME

70 MINUTES

IN YOUR BAG

Potato

Four Bean Vegetable Chili

Cheese Blend

Scallion Sour Cream

Pickled Red Onion and Jalapeño

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine

or the rereshing and crisp New Glarus Moon Man No Coast Pale Ale

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with olive oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork.
- 3 Place the 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 three bean and vegetable chili and shower with the cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden.
- 5 Plate potatoes and top with pickled red onions and jalapeños. Dig in!

Four Bean Vegetable Chili: Sweet potato, tomato, pinto bean, black bean, cranberry bean, red bean, vegetable stock, onion, corn, red bell pepper, green bell pepper, poblano pepper, sherry vinegar, garlic, guajillo chile, ancho chile, pasilla chile, coffee, dark chocolate, scallion, cumin, coriander, paprika, chili powder, aji amarillo, salt, pepper
Cheese Blend: Mozzarella (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme), cheddar (milk, culture, salt, enzyme, annatto)
Scallion Sour Cream: Sour cream, heavy cream, scallion, lemon, pepper, salt.
Pickled Red Onion & Jalapeño: Red onion, apple cider vinegar, distilled white vinegar, jalapeño, sugar, salt
Potato

Contains: Milk, chocolate

② READY-TO-EAT

kale caesar salad with roasted "chix", mushrooms and vegetables

Preheat a heavy bottomed skillet (or grill pan) over high heat, then add a drizzle of olive oil. Add your "chix" and vegetables, stirring every 2 minutes or so until everything is heated through and crispy on the edges. An instant read thermometer inserted in the middle of the largest piece of "chix" should read 165°F.

While the "chix" and vegetables are reheating, toss kale leaves and sarvecchio with half of the caesar dressing. Massage dressing into leaves, then toss with the croutons.

Portion kale salad onto plates, top with roasted vegetables and "chix". Spoon remaining caesar dressing over the top (as desired) and enjoy!

"Chix" & Vegetables: Chix (soybean protein, soybean oil, pepper, white pepper, Chinese five spice powder [cinnamon, star anise, fennel seeds, cloves]), carrot, radish, watermelon radish, oyster mushrooms, olive oil, salt, pepper
Kale & Sarvecchio: Kale, sarvecchio (milk, salt, culture, enzyme)
Vegetarian Caesar Dressing: Canola oil, red wine vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, garlic, caper, salt, pepper.
Croutons: MSCo bread (flour, water, salt), olive oil, garlic, salt, pepper.

Contains: Milk, wheat, soy, egg, mushroom

③ FARM-TO-FREEZER

jambalaya with red beans and roasted cauliflower

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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm