

# PASTURE AND PLENTY

SEPTEMBER 30, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And we have a delicious week ahead! Get excited for: a crowd-pleasing tail-gate-approved chili cheese veggie dog kit with bean and sweet potato chili and a creamy, tangy coleslaw to go alongside; then everyone's favorite Indian comfort food fave, butter paneer with brown rice and cucumber raita; and a creamy sweet corn risotto with melty smoked gouda, roasted cherry tomatoes and zucchini! And, even better, chocolately brownies to round it off.



**chili cheese veggie dog kit** with bean & sweet potato chili, Clasen's buns and creamy coleslaw



**butter paneer** with brown rice and cucumber raita



**sweet corn and smoked gouda risotto** with roasted cherry tomatoes, zucchini and kale



### PRODUCER SPOTLIGHT

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

Alsum Sweet Corn

Roth Creamery

Vitruvian Farm

Winterfell Acres

Clasen's European Bakery

Flyte Family Farm

### EXTRA GOODNESS

## white and milk chocolate chip brownies

Instructions: Keep refrigerated and enjoy within 5 days! Bring to room temperature before eating.

Ingredients: Semi-sweet chocolate, sugar, white chocolate chips, milk chocolate chips, eggs, butter, ap flour, brown sugar, cocoa powder, vanilla, salt

Contains: *Wheat, 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

**chili cheese veggie dog kit with bean & sweet potato chili, Clasen's buns and creamy coleslaw**

PREP & COOK TIME

20  
MINUTES

IN YOUR BAG

- Veggie Dog
- Clasen's Bun
- Bean & Sweet Potato Chili

Shredded Cheese

Creamy Coleslaw

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine or the clean and crisp Bell's Two Hearted IPA

- 1 Preheat grill for medium heat. Alternatively, heat oil in a heavy bottomed skillet over medium high heat until shimmering.
- 2 While the grill is preheating, reheat the chili over medium-low heat until hot, adding up to 1/2 cup water as needed and stirring occasionally, for about 6 to 8 minutes. Alternately, heat chili in the microwave on high, adding water if needed and stirring every minute or so, for about 3 minutes. Also give your creamy coleslaw a quick stir to evenly redistribute the dressing.
- 3 Grill or pan fry the veggie dogs until deeply colored on all sides, flipping as needed. Cook until the internal temperature of the veggie dog reads 165°F on an instant-read thermometer. Meanwhile, slice and toast bun over grill or in the same pan.
- 4 Assemble veggie dogs and buns, then top with chili and shredded cheese. Serve creamy coleslaw alongside chili cheese dogs and dig in!

**Veggie Hot Dog:** Water, wheat gluten, dextrose, contains 2% or less of salt, brown sugar, methylcellulose, spices, yeast extract, maltodextrin, onion powder, pea protein, natural flavors, garlic powder, carrageenan, xanthan gum, sugar, paprika extract color, carrot concentrate for color, tomato lycopene extract for color, paprika color, yeast, radish concentrate for color  
**Clasen's Bun:** Unbleached flour, filtered water, yeast, sea salt  
**Bean & Sweet Potato Chili:** Sweet potato, pinto bean, white bean, vegetable stock, onion, red bell pepper, green bell pepper, poblano pepper, red wine vinegar, garlic, guajillo chile, ancho chile, pasilla chile, cumin, coriander, paprika, la mesa chile powder, smoked gouda, salt  
**Shredded Cheese:** Mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), cheddar (milk, salt, culture, enzyme, annatto)  
**Creamy Coleslaw:** Green cabbage, red cabbage, carrot, mayonnaise (sunflower oil, pasteurized eggs, dijon, red wine vinegar, salt), yellow mustard, lemon, salt, sugar, red wine vinegar, dill, parsely, chive.

Contains: Wheat, milk

② READY-TO-EAT

**butter paneer with brown rice and cucumber raita**

Heat butter paneer and rice in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the rice, add 1/4 to 1/2 cup water and keep covered. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with butter paneer. Serve with raita and enjoy!

**Butter Paneer:** Paneer (milk, salt, culture, enzyme), tomato, onion, heavy cream, cashew, cherry tomato, zucchini, summer squash, kale, garlic, ginger, water, greek yogurt, garam masala, fenugreek, cardamom, clove, salt, pepper  
**Brown Rice:** Brown rice, water, salt  
**Cucumber Raita:** Greek yogurt, sour cream, cucumber, mint, cilantro, chat masala (salt, mango, black salt, cumin, coriander, musk melon, mint, ginger, yellow chili, bishop weed, nutmeg, asafoetida, caraway), salt, pepper

Contains: Milk, tree nut

③ FARM-TO-FREEZER

**sweet corn and smoked gouda risotto with roasted cherry tomatoes, zucchini and kale**

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