

# PASTURE AND PLENTY

NOVEMBER 4, 2024 | OMNIVORE

## HOORAY, IT'S MONDAY!

We're excited for: easy, sheet pan dinners of roasted veggies and meatloaves with a tomato glaze (retro, but a classic fave); warming mulligatawny soup – a hybrid British-Indian lentil and vegetable soup that is a bit spicy, a bit sweet, and very satisfying – with naan and yogurt sauce; and our favorite feijoada meal (think: the most umami-laden and unctuous Brazilian black bean stew over brown rice and kale) to round it out. Have a great week, y'all!



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



### mulligatawny soup with pita and yogurt sauce



### chorizo, bacon and braised pork shoulder feijoada with scallion brown rice and kale



## PRODUCER SPOTLIGHT

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

Elderberry Hill Farm

Vitruvian Farm

Winterfell Acres

Flyte Family Farm

Saffi Saana

Arndt Family Farm

Lovefood Farm

## EXTRA GOODNESS

### morning glory muffin

Instructions: Store in refrigerator for up to 5 days. Warm briefly before enjoying!

Ingredients: Carrot, whole wheat flour, egg, brown sugar, honey, oil, orange juice, raisin, apple sauce, flax seeds, pepitas, baking soda, cinnamon, salt, ginger.

Contains: Egg, wheat

## 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

55  
MINUTES

- 1 Preheat oven to 375°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 Bake vegetables in the oven for 15 minutes, stirring the root veg and flipping the cabbage wedges every 5 minutes or so.
- 3 Meanwhile, divide the meatloaf mixture into even oval pieces, about 4-inches by 3-inches. After 15 minutes, remove the vegetables from the oven and nestle the preformed mini meatloaves between the root veg and cabbage on the sheet pan.
- 4 Brush the tomato glaze generously over the tops of the meatloaves. And brush any extra over the tops of the vegetables!
- 5 Place the pan back in the oven and bake for about 30 minutes, still stirring the veg occasionally. You're looking for the cabbage and root vegetables to be fork-tender, golden brown and caramelized around the edges and the middle of the meatloaf should register 160°F with an instant read thermometer.
- 6 Plate the meatloaf and nestle all of the vegetables alongside. Enjoy!

**Meatloaf Mix:** Beef, pork, panko, onion, carrot, celery, oyster mushroom, egg, milk, tomato, brown sugar, white wine vinegar, soy sauce, onion powder, garlic powder, smoked paprika, salt, red chile flake, pepper **Tomato Glaze:** Tomato, white wine vinegar, brown sugar, soy sauce, onion, carrot, celery, salt, pepper **Vegetable Bag:** Baby potato, watermelon radish, turnip, carrot, cabbage

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

IN YOUR BAG

Meatloaf Mix

Tomato Glaze

Vegetable Bag

PAIR WITH

the darkly  
fruity A La  
Carte  
Cabernet  
Sauvignon 2018  
or  
the breadly and  
malty Goedt  
Beer from  
Giant Jones  
Brewing

② READY-TO-EAT

# mulligatawny soup

with pita and yogurt sauce

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 pita 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 pita alongside!

**Mulligatawny Soup:** Vegetable stock, red lentil, tomato paste, coconut milk, granny smith apple, carrot, celery, onion, garlic, ginger, rice wine vinegar, salt, pepper, yellow curry powder, cumin, tumeric, cayenne **Pita:** Whole wheat flour, enriched unbleached unbromated wheat flour, water, yeast, salt, cane sugar, calcium propionate, soy flour **Yogurt Sauce:** Greek yogurt, lime juice, cilantro, cumin, salt

*Contains: Milk, wheat, coconut, soy*

③ FARM-TO-FREEZER

# chorizo, bacon and braised pork shoulder feijoada with scallion brown rice 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