

PASTURE AND PLENTY

NOVEMBER 4, 2024 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited for easy, sheet pan dinners of roasted veggies and chickpea loaves 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 meals (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 chickpea loaf with roasted vegetables and tomato glaze



mulligatawny soup with pita and yogurt sauce



black bean and sweet potato 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 chickpea loaf

with roasted vegetables and tomato glaze

PREP &
COOK TIME

55
MINUTES

IN YOUR BAG

Chickpea Loaf
Mix

Tomato Glaze

Vegetable Bag

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

- 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 chickpea loaf 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 chickpea loaves between the root veg and cabbage on the sheet pan.
- 4 Brush the tomato glaze generously over the tops of the chickpea loaves. 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 chickpea loaves should register 165°F with an instant read thermometer.
- 6 Plate the chickpea loaves and nestle all of the vegetables alongside. Enjoy!

Chickpea Loaf Mix: Chickpea, lentil, celery, carrot, onion, egg, oyster mushroom, panko, garlic, ketchup, balsamic vinegar, onion powder, paprika, garlic powder, parsley, salt, 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: *Wheat, soy, egg, mushroom*

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

black bean and sweet potato 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
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M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm