

# PASTURE AND PLENTY

NOVEMBER 25, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And, while we're excited for Thanksgiving this week, we're also pumped about our cozy, comforting line-up of meals! Think: loaded twice-baked potatoes with BBQ lentils and mushrooms and a side of sautéed kale and pickled red onions; a cozy, comforting bowl of broccoli, cheddar and white bean soup with crunchy, sourdough croutons; and then our fan-favorite smothered burritos, this time with squash, black bean and roasted chile chipotle sauce!



**loaded twice-baked potato with BBQ lentils & mushrooms, sautéed kale and pickled red onions**



**cheddar, broccoli and white bean soup with sourdough croutons**



**smothered squash & black bean burritos with roasted chile chipotle sauce**



### 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

Sassy Cow Creamery

Hook's Cheese

Madison Sourdough Co.

Happy Valley Farm

Flyte Family Farm

Sartori Cheese

Saffi Saana

### EXTRA GOODNESS

## cranberry overnight oats

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Oats, whole milk, cranberries, maple syrup, chia seeds, water, cinnamon, salt

Contains: Milk

### 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 twice-baked potato with BBQ lentils & mushrooms, sautéed kale and pickled red onions**

PREP & COOK TIME

75 MINUTES

IN YOUR BAG

BBQ Lentils and Mushrooms

Grilled Scallion Sour Cream

Three Cheese Blend

Kale

Potato

Pickled Red Onions

PAIR WITH the fruity and spicy Zillamina Organic Spanish Red Wine or the hoppy Pulp Culture IPA from Working Draft Brewing Co.

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork. Wash and dry kale, then strip kale leaves from the stems and roughly chop; set aside.
- 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 lengthwise 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 BBQ lentils & mushrooms and shower with the three cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden and the lentils and mushrooms are steaming hot.
- 5 When potatoes go back in the oven, sauté the kale leaves with olive oil, salt and pepper, for about 5 minutes, until slightly wilted, but still vibrantly green. Add the pickled red onions (as well as some of their pickling liquid) and heat for 1 to 2 minutes more.
- 6 Plate twice baked potatoes and serve sautéed kale with

**BBQ Lentils & Mushrooms:** French green lentil, oyster mushroom, ketchup, brown sugar, apple cider vinegar, soy sauce, molasses, salt, pepper, paprika, cumin, celery salt **Grilled Scallion Sour Cream:** Cultured milk, milk, scallion, salt, lime, pepper **Three Cheese Blend:** Cheddar (milk, culture, salt, enzyme), mozzarella (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme) **Pickled Red Onions:** Red onion, white wine vinegar, rice wine vinegar, red wine vinegar, sugar, salt, pepper, chile de arbol, bay leaf **Kale, Potato**

*Contains: Milk (optional), soy, mushrooms*

② READY-TO-EAT

**cheddar, broccoli and white bean soup with sourdough croutons**

Reheat cheddar, broccoli and white bean soup with a splash of water in a sauce pan over medium-low heat until hot, about 6 to 8 minutes.

Portion soup into bowls, garnish with crispy sourdough croutons. Dig in!

**Cheddar, Broccoli and White Bean Soup:**

Vegetable stock, broccoli, white bean, russet potato, onion, carrot, hook's 1 year cheddar (milk, salt, culture, enzyme), american cheese (milk, cream, water, sodium phosphate, salt, cheese culture, enzyme, lactic acid, sodium citrate, color added, sorbic acid), milk, garlic, red wine vinegar, salt, mustard powder, turmeric, nutritional yeast, red chile flake, pepper

**Croutons:** MSCo sourdough (flour, water, salt, rosemary), olive oil, salt, pepper

*Contains: Wheat, milk*

③ FARM-TO-FREEZER

**smothered squash & black bean burritos with roasted chile chipotle sauce**

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