

# PASTURE AND PLENTY

DECEMBER 9, 2024 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Anytime La Cosecha's tortillas are on the menu, we count down the days until we get to enjoy them! Made fresh in the P&P Makeshop with stone-ground local organic corn (often from Meadowlark Organics), using traditional nix-tamalization techniques, these tortillas are a real treat. So tender and delicious, full of actual corn flavor, they're nothing like the mass produced corn tortillas in the grocery store! You're going to taste the difference, y'all.



### sheet pan quesadilla kit with roasted squash, corn and black beans



### creamy mushroom, potato and wild rice soup with miche and dill butter



### loaded baked mac & cheese with broccoli, cauliflower, sweet potato and bell pepper



## PRODUCER SPOTLIGHT

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

La Cosecha

Alsum Sweet Corn

Madison Sourdough Co.

Vitruvian Farm

Nueske's Applewood Smoked Meats

Winterfell Acres

Elderberry Hill Farm

Saffi Saana

## EXTRA GOODNESS

### white chocolate haystacks

Instructions: Store at room temperature and enjoy within 1 week!

Ingredients: Pretzels (enriched wheat flour, tapioca malt syrup, corn syrup, vegetable oil, salt, yeast, soda), white chocolate (sugar, cocoa butter, whole milk powder, soy lecithin, natural vanilla flavor), m&m (milk chocolate, sugar, cornstarch, less than 1% of corn syrup, dextrin, colors, carnauba wax, gum acacia).

Contains: *Wheat, milk, soy*

## 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 quesadilla kit  
with roasted squash, corn and black beans

PREP &  
COOK TIME

20  
MINUTES

IN YOUR BAG

La Cosecha  
Tortillas

Black Bean &  
Vegetable Mix

Shredded  
Cheese

Roasted Tomato  
Guajillo Salsa

Creamy Cilantro  
Lime Slaw

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 425°F.
- 2 Add oil to a large sheet pan and use a single tortilla to smear the oil around. Add the remaining tortillas, spacing them out evenly. Divide the cheese among the tortillas, then top with the roasted squash, corn and black beans.
- 3 Bake the quesadillas until the cheese is melted, about 5 minutes, then remove the pan from the oven. Using a spatula, fold each tortilla over itself to make half moons. Sprinkle with salt and return to the oven until crispy and lightly browned at the edges, 3 to 5 minutes.
- 4 While the quesadillas are cooking, give the slaw a toss to redistribute the dressing.
- 5 Serve quesadillas immediately with roasted tomato guajillo salsa and creamy cilantro lime slaw alongside. Enjoy!

**La Cosecha Tortillas:** Corn, water, trace of lime  
**Black Bean & Vegetable Mix:** Black bean, butternut squash, corn, red onion, salt, apple cider vinegar, cilantro, cumin, coriander, paprika, pepper  
**Shredded Cheese:** Cheddar, monterey jack, mozzarella  
**Roasted Tomato Guajillo Salsa:** Fire roasted tomato, guajillo, garlic, water, salt, pepper, onion, apple cider vinegar, cayenne, smoked paprika  
**Creamy Cilantro Lime Slaw:** Red cabbage, napa cabbage, mayo, sour cream, lime juice, cilantro, coriander, cumin, salt

Contains: Milk (optional)

② READY-TO-EAT

creamy mushroom,  
potato and wild rice  
soup with miche and dill  
butter

Reheat soup over medium heat until hot, about 6 to 8 minutes, stirring occasionally to prevent sticking.

While soup heats, heat miche in toaster or in a heavy skillet over medium heat with a drizzle of olive oil.

Divide soup into bowls. Schmear miche with compound dill butter; serve alongside. Enjoy!

**Creamy Mushroom, Potato and Wild Rice Soup:** Vegetable stock, wild rice, yukon potato, onion, leek, cream, tomato paste, garlic, olive oil, oyster mushroom, button mushroom, paprika, red chile flake, caraway seed, thyme, dill, lemon juice, salt, pepper  
**Dill Butter:** Butter, dill, lemon juice, salt, pepper

Contains: Mushroom, milk, wheat

③ FARM-TO-FREEZER

loaded baked mac  
& cheese with broccoli,  
cauliflower, sweet potato and  
bell pepper

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