

# PASTURE AND PLENTY

JANUARY 6, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Ever hear of the "fifth season"? It historically refers to the various ways people preserve food – like canning, freezing or drying – in order to enjoy local harvests well beyond the growing season and to extend the bounty! The Fifth Season Cooperative, based in Viroqua, is named after this concept and their locally-grown, frozen vegetable blends provide local flavor year round. The blends are rich in flavor, packed with nutrition and are certified organic!



**pan-seared tofu with sautéed winter moon vegetable blend, kale and sweet-and-sour cranberry sauce**



**pinto bean taco soup with tortilla strips and lime crema**



**white bean puttanesca sauce with pasta**



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Elderberry Hill Farm

Fifth Season Co-Op

Happy Valley Farm

Saffi Saana

### EXTRA GOODNESS

## brown butter chocolate chip cookie dough

Instructions: Keep cookie dough frozen. Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, 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

pan-seared tofu with sautéed winter moon vegetable blend, kale and sweet-and-sour cranberry sauce boule

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

- Tofu
- Winter Moon Vegetable Blend
- Sweet & Sour Cranberry Sauce
- Kale

PAIR WITH

the full bodied and aromatic Pascal Biotteau Anjou Rouge 2020 or the hoppy Half Life Hazy IPA from Delta Beer Lab

- 1 Preheat oven to 400°F. Prep your vegetables. Wash and dry kale; massage kale with a splash of olive oil and season with salt and pepper; set aside. Toss Winter Moon vegetables with a splash of olive oil, salt and pepper. Spread vegetable blend on a sheet tray and roast until everything is beginning to brown and is cooked through, 10 to 15 minutes, stirring occasionally. When done, immediately toss the kale with the roasted veggies to wilt slightly.
- 2 While veggies are cooking, prepare the tofu. Cut tofu crosswise into ½-inch slices and pat them dry with a kitchen towel. Season the tofu slices all over with salt and pepper. Heat a few tablespoons of oil in a large nonstick skillet over medium-high heat. When the oil is shimmering, but not smoking, carefully add the tofu planks to the pan in a single layer using tongs. Fry for 3 to 5 minutes on each side, or until well-browned all over. You may need to fry in batches, adding extra oil as needed. Transfer the tofu to a paper towel-lined baking sheet to drain; season with additional salt, to taste.
- 3 In the same skillet (any excess oil carefully poured out), heat the cranberry sauce over medium heat for about 2 to 3 minutes, until hot. Make sure to scrape the bottom of the pan with a wooden spoon to loosen any browned bits.
- 4 Divide vegetables onto individual serving plates, top with tofu and cranberry sauce. Enjoy!

**Tofu:** Water, soybean, calcium sulfate, magnesium chloride **Winter Moon Vegetable Blend:** Butternut squash, gold potatoes, carrots, red and gold beets **Sweet & Sour Cranberry Sauce:** Cranberry, apple, red wine, white wine, water, yellow mustard seed, white wine vinegar, rice vinegar, sugar, salt **Kale**

Contains: Soy, alcohol

② READY-TO-EAT

pinto bean taco soup with tortilla strips and lime crema

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

While soup is heating, gently crumble the tortilla chips into bite-size pieces for topping the taco soup.

Ladle soup into bowl, top with tortilla chip crumbles and dollop on the lime crema. Dig in!

**Pinto Bean Taco Soup:** Vegetable stock, onion, pinto bean, sweet potato, fire roasted tomato, green chile, sweet corn, garlic, jalapeño, cilantro, lime, la mesa chile powder, cumin, oregano, smoked paprika, garlic powder, onion powder, turmeric, coriander, salt, pepper

**Tortilla Strips:** Tortillas (ground corn, water, corn flour, less than 2% lime, preservatives [sodium propionate, potassium sorbate, phosphoric acid, propionic acid, benzoic acid], guar gum and cellulose gum to preserve freshness, enzymes), canola oil, salt **Lime**

**Crema:** Sour cream, milk, lime, salt

Contains: Milk

③ FARM-TO-FREEZER

white bean puttanesca sauce with pasta

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