

PASTURE AND PLENTY

FEBRUARY 3, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Big thanks to Vitruvian Farms for this week's monster supply of mushrooms! Not only did we roast up their freshly harvested shiitakes and oyster mushrooms to top your ramen bowls, we also used them as an umami boost in the miso broth! Certified organic, Vitruvian Farms utilizes modern, sustainable practices that nourish humans and the earth. Plus, their indoor mushroom farm means we can enjoy their products even in the depths of winter.



miso ramen kit with mushrooms, sweet potato, bok choy, corn & edamame



Alabama white sauce pinto bean sandwich with p&p pickles and vinegary red cabbage slaw



loaded vegetable fried rice with tempeh



PRODUCER SPOTLIGHT

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

Vitruvian Farms

Alsum Sweet Corn

Madison Sourdough Co.

Winterfell Acres

Elderberry Hill Farm

Nueske's Applewood Smoked Meats

Bandung

EXTRA GOODNESS

pretzel snack mix

Instructions: Store at room temperature and enjoy within 2 weeks.

Ingredients: Pretzel (enriched flour, tapioca malt syrup, vegetable oil, salt, yeast, soda), peanut, raisin, cheddar cheese (enriched flour, soybean oil, cheddar cheese, salt, yeast extract, natural color, sugar, citric acid, baking soda, natural flavor, paprika, turmeric, whey, garlic powder, onion powder, spices), semi-sweet chocolate chip (sugar, chocolate liquor, cocoa butter, milkfat, soy lecithin, natural flavor)

Contains: Wheat, peanut, 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

miso ramen kit with mushrooms, sweet potato, bok choy, corn & edamame

PREP &
COOK TIME

20
MINUTES

IN YOUR BAG

Miso Broth

Ramen
Noodles

Roasted Sweet
Potatoes &
Mushrooms

Edamame &
Corn

Vegetable Bag

PAIR WITH

the flinty Red
Tail Ridge
Chardonnay
or

the malty Pale
Weizenbock
from Giant
Jones

- 1 First, prep your vegetables! Wash and dry bok choy, then slice roughly into bite sized pieces. Peel and trim the turnip, then cut as thinly as possible. Trim and slice scallions finely.
- 2 Get individual bowls for everyone; divide corn, edamame, roasted sweet potatoes and mushrooms, and sliced turnips evenly between the bowl.
- 3 Bring a large pot of water to a boil over high heat. Cook ramen noodles and bok choy in the boiling water for two to three minutes seconds. Drain carefully and divide evenly between bowls, as well.
- 4 At the same time, heat miso broth until simmering on the stovetop. Divide broth evenly among bowls, making sure to cover all of the delicious veg with the hot broth. Top with sliced scallions and enjoy!

Miso Broth: Vegetable stock, soy sauce, scallion, ginger, white miso (soybean, rice, water, salt, koji), rice wine vinegar, shiitake mushroom, oyster mushroom, salt, sugar, chili de arbol, bay leaf, olive oil **Roasted Sweet Potato & Mushrooms:** Sweet potatoes, shitake mushrooms, oyster mushrooms, olive oil, salt, pepper **Ramen Noodles:** Bleached wheat flour, water, corn starch, salt, dried egg white, potassium bicarbonate, potassium carbonate, sodium benzoate, riboflavin (vitamin B2). **Vegetable Bag:** Bok choy, turnip, scallion **Edamame & Corn Jar**

Contains: Wheat, egg, soy, mushroom

② READY-TO-EAT

Alabama white sauce pinto bean sandwich with pickles & red cabbage slaw

Place beans in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave beans on medium high until hot, about 1 to 3 minutes.

While beans are heating, slice ciabatta buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the beans, a bit of slaw and some pickles on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw and pickles on the side. Dig in!

Alabama White Pinto Beans: Pinto beans, alabama white sauce (mayonnaise, brown sugar, white sugar, apple cider vinegar, lemon juice, cayenne, paprika, garlic powder, onion powder, salt) **Ciabatta:** Flour, water, olive oil, salt, yeast **Slaw:** Red cabbage, carrots, parsley, lemon juice, red wine vinegar, olive oil, salt **Pickles:** Cucumbers, apple cider vinegar, white wine vinegar, white sugar, salt

Contains: Wheat, egg

③ FARM-TO-FREEZER

loaded vegetable fried rice with tempeh

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