

PASTURE AND PLENTY

FEBRUARY 17, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Our friends at Madison Sourdough are just as committed to supporting our local food systems as we are, y'all. Over 40% of the flour they bake with is milled from local grains in-house, allowing them to work directly with local grain farmers, requesting specific wheats varieties and different types of grains, and really getting that local flavor in everything they make. We can't thank them enough for sharing their love of Wisco grains with us!



blackened sweet potato sandwich on MSCo ciabatta with spiced chickpea salad



white bean chili with tortilla strips and shredded pepper jack cheese



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:

Garden To Be

Cedar Grove Cheese

Winterfell Acres

Madison Sourdough Co.

Saffi Saana

EXTRA GOODNESS

triple chocolate cookie dough

Instructions: Store cookie dough in freezer. Preheat oven to 350°F while dough comes to room temperature. Place cookies on a parchment-lined cookie sheet. Flatten cookie dough slightly, sprinkle with flaky sea salt (if desired) and bake for 13-16 minutes, rotating halfway through for an even bake!

Ingredients: AP flour, white chocolate chips, semi-sweet chocolate chips, butter, brown sugar, sugar, egg, cocoa powder, salt, vanilla, baking soda.

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

blackened sweet potato sandwich on MScO ciabatta with spiced chickpea salad

PREP & COOK TIME

35
MINUTES

IN YOUR BAG

Sweet Potato

Blackened Spice Mix

MScO Ciabatta

Lime Crema

Roasted Sweet Pepper Rajas Salsa

Arugula

Chickpea Salad

PAIR WITH

the bright, rich and slightly mineraly Ovum PNK Salt Rosé or the spicy and lush Ryewine from Giant Jones Brewing

- 1 Preheat oven to 425°F. Peel sweet potatoes and slice them into 1/4-inch wide discs. Line a rimmed baking sheet with parchment paper for easy clean up. Toss the sweet potato discs, a drizzle of olive oil (enough to coat the discs) and the spice mix* together right on the baking sheet. Arrange potatoes in a single layer.
- 2 Roast for 10 minutes in the center of oven. Remove baking sheet from oven and carefully turn over each sweet potato slice to allow for browning on both sides. Roast for an additional 10 to 15 minutes, checking every 5 minutes to ensure the sweet potatoes don't overcook.
- 3 Slice the ciabatta in half and toast in the preheated oven or a toaster oven until lightly browned. Spread the crema on both halves of the toasted ciabatta. Then, on the bottom half, layer on the blackened sweet potato slices, rajas salsa and arugula. Finish with the top half of ciabatta.
- 4 Plate the sandwiches, give the chickpea salad a good stir and serve on the side. Dig in!

**Taste the spice mix for spiciness! Use as much (or as little) as you would like!*

Blackened Spice Mix: Brown sugar, cumin, coriander, ancho, pasilla, guajillo, garlic powder, onion powder, smoked paprika, salt, pepper **MScO Ciabatta:** Flour, water, olive oil, salt, yeast **Lime Crema:** Sour cream, cilantro, lime, salt, pepper **Rajas Salsa:** Roasted red bell peppers, tomatoes, poblanos, lime juice, white wine vinegar, cilantro, salt **Chickpea Salad:** Chickpea, red onion, cucumber, feta, olive oil, lemon, parsley, turmeric, salt, pepper **Sweet Potato, Arugula**

Contains: Wheat, milk

② READY-TO-EAT

white bean chili with tortilla strips and shredded pepper jack cheese

Heat chili in a saucepan over medium heat until hot, about 8 minutes. Stir occasionally and, if needed, add a splash of water to thin out.

Top piping hot chili with tortilla strips and shredded cheese. Enjoy!

White Bean Chili: White bean, vegetable stock, onion, poblano pepper, sweet potato, green chile, jalapeño, cumin, coriander, la mesa chile powder, onion powder, garlic powder, red chile flake, cilantro, green onion, lime juice, salt, pepper

Tortilla Strips: Tortillas (ground corn, water, corn flour, less than 2% lime, preservatives, guar gum, cellulose gum, enzymes), canola oil, salt **Pepper Jack Cheese:** Cultured pasteurized milk, diced red and green jalapeno peppers with habanero peppers, salt, enzymes

Contains: Milk

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