

# PASTURE AND PLENTY

MARCH 3, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And, even better, it's time for our annual gumbo! Every Mardi Gras, Jack, our Head Chef, whips up a batch of gumbo and waxes poetic about the "proper" way to make it, how dark, exactly, to get the roux, and how much filé powder it needs. It's a labor of love every year and we hope you enjoy the bold Creole and Cajun flavors and savory goodness that is our classic gumbo! And, we sent our house-made hot sauce on the side, so it can be as spicy as you like.



**buddha bowl** with chickpeas, pickled vegetables, roasted sweet potato, brown rice and turmeric tahini sauce



**red bean, cauliflower and sweet corn gumbo** with scallion rice and P&P hot sauce



**white bean au vin** with sarvecchio mashed potatoes



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Whispering Pines Farm

Elderberry Hill Farm

Alsum Sweet Corn

Sartori Cheese

Sassy Cow Creamery

Vitruvian Farms

### EXTRA GOODNESS

## banana spelt muffin

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: banana, ap flour, spelt flour, brown sugar, butter, egg, milk, oil, baking powder, baking soda, cinnamon, vanilla extract, salt, nutmeg.

*Contains: Milk, egg, wheat*

### 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

### buddha bowl with chickpeas, pickled vegetables, roasted sweet potato, brown rice and turmeric tahini

PREP &  
COOK TIME

35  
MINUTES

#### IN YOUR BAG

Brown Rice

Chickpeas

Pickled  
Vegetables

Kale

Purple Sweet  
Potato

Turmeric Tahini  
Sauce

PAIR WITH  
the rich, flinty  
Iconic Sidekick  
Chardonnay  
or  
the Belgian-  
style Tripel from  
Giant Jones  
Brewing

- 1 Preheat the oven to 425°F. Wash sweet potatoes, peel (if desired) and cut into 1-inch pieces. Place the sweet potatoes on a sheet pan. Drizzle with olive oil, salt, a few grinds (or shakes) of black pepper and toss well.
- 2 Roast the sweet potatoes for 30 to 35 minutes, tossing halfway through, until fork tender and caramelized. For the last 5 minutes, toss the chickpeas with the sweet potatoes to warm them up.
- 3 While the sweet potatoes are roasting, wash and dry the kale. Strip leaves from stems and roughly chop. Massage kale leaves with olive oil, salt and pepper.
- 4 Last, reheat the brown rice over in a saucepan low heat. Heat for about 6 to 8 minutes, adding up to 1/4 cup of water, if needed. Cover and keep warm.
- 5 Build the buddha bowls: make a base of warm brown rice, pile on the roasted chickpeas and sweet potatoes, the pickled vegetables and the massaged kale. Top with the turmeric tahini sauce and enjoy!

**Brown Rice:** Brown rice, water, salt **Chickpeas:** Chickpea, water, salt **Pickled Vegetables:** Carrot, onion, watermelon radish, white wine vinegar, rice wine vinegar, distilled white vinegar, water, salt, sugar **Turmeric Tahini Sauce:** Tahini, lemon juice, garlic, maple syrup, salt, turmeric, water **Kale,** **Purple Sweet Potato**

*Contains: Sesame*

## ② READY-TO-EAT

### red bean, cauliflower and sweet corn gumbo with scallion rice and P&P hot sauce

Heat gumbo over medium heat in saucepan until hot, with up to 1/2 cup of water.

Heat rice over low heat in a second saucepan until hot, with up to 1/4 cup of water.

Plate gumbo alongside rice and serve with hot sauce. Make sure to taste the hot sauce for spiciness. Use as much (or as little) as you would like and enjoy!

**Gumbo:** Vegetable stock, red bean, onion, celery, green bell pepper, cauliflower, okra, sweet corn, ap flour, butter, garlic, cayenne, black pepper, bay leaf, oregano, filé powder, salt **Scallion Rice:** Converted rice, water, scallion, bay leaf, salt **Hot Sauce:** Water, white vinegar, apple cider vinegar, red bell pepper, onion, carrot, habañero pepper, jalapeño pepper, garlic, salt, sugar

*Contains: Milk, wheat*

## ③ FARM-TO-FREEZER

### white bean au vin with sarvecchio mashed potatoes

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