

PASTURE AND PLENTY

MARCH 24, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Anytime La Cosecha's tortillas are on the menu, we count down 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 nixtamalization 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 in your tacos, y'all.



kale caesar salad kit
with roasted root vegetables and
herbed white beans



**roasted sweet potato &
black bean tacos** with salsa
verde and creamy cilantro slaw



**curried tofu and vegetable
fried rice**



PRODUCER SPOTLIGHT

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

Sartori Cheese

Madison Sourdough Co.

La Cosecha

Winterfell Acres

Vitruvian Farms

Tipi Produce

Saffi Saana

Elderberry Hill Farms

EXTRA GOODNESS

yogurt parfait

Instructions: Keep refrigerated and enjoy within 3 days.

Ingredients: Yogurt, blueberry, honey, vanilla, granola (oats, pecans, shredded coconut, pepitas, flaxseed, sliced almond, cranberry, raisin, maple syrup, brown sugar, coconut oil, vanilla, salt)

Contains: Milk, wheat, tree nut (pecan), coconut

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

kale caesar salad kit with roasted root vegetables and herbed white beans

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Herbed White
Beans

Vegetarian
Caesar
Dressing

Sarvecchio

Croutons

Vegetable Bag

PAIR WITH

the rich and
flinty Iconic
Sidekick
Chardonnay
or
the drinkable
Up North
Wisconsin Lager
from One Barrel
Brewing
Company

- 1 Preheat oven to 400°F.
- 2 Get your prep on! Wash and dry your veg. Trim the ends off of your radishes, turnips and carrots; peel and cut into bite sized pieces. Strip the kale leaves from the stems and coarsely chop; set kale aside. Toss the rest of your veg with olive oil, salt and pepper.
- 3 Place vegetables onto a rimmed sheet pan and roast, checking and flipping occasionally, until veg is tender and browned, about 20 to 25 minutes. For the last five minutes, toss the croutons onto the pan, too, to heat and crisp up again.
- 4 While the vegetables are roasting, reheat the herbed white beans in a small saucepan over low heat for about 4 to 6 minutes, until hot. At the same time, massage kale leaves with half of the caesar dressing.
- 5 Portion kale salad onto plates, top with roasted vegetables and crispy croutons. Using a slotted spoon, portion the white beans alongside. Spoon remaining caesar dressing over everything and sprinkle with sarvecchio. Enjoy!

Herbed White Beans: White bean, water, lemon, oregano, parsley, thyme, salt, red chili flake **Vegetarian Caesar Dressing:** Canola oil, red wine vinegar, dijon mustard, sarvecchio (milk, salt, culture, enzyme), egg yolk, lemon, garlic, salt, pepper **Sarvecchio:** Milk, salt, culture, enzyme **Croutons:** MSCo sourdough (flour, water, salt), MSCO ciabatta (flour, water, salt), olive oil, garlic, salt, pepper **Vegetable Bag:** Assorted turnips, beauty heart radish, carrots, kale

Contains: Milk, wheat, egg

② READY-TO-EAT

roasted sweet potato & black bean tacos with salsa verde and creamy cilantro slaw

Heat a skillet over medium heat and, once hot, add a tablespoon or two of olive oil. Add sweet potato and black bean filling and cook for about 4 to 6 minutes, stirring occasionally, until steaming hot.

Reheat tortillas in a hot skillet, 5 seconds per side; keep flipping until flexible and warm. Alternatively, wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable until you're ready to eat.

Give the cilantro slaw a stir to redistribute the dressing. Taste for seasoning and add extra salt or pepper, if desired.

Build tacos using vegetable filling, queso fresco and the salsa verde. Serve the cilantro slaw alongside your tacos. Dig in!

Vegetable Filling: Sweet potato, black bean, onion, kale, scallion, garlic, guajillo chile, ancho chile, pasilla chile, salt, pepper, oregano, cumin, coriander, paprika, turmeric, cayenne **Tortillas:** Organic non-GMO corn, water, trace of lime **Salsa Verde:** Tomatillo, vegetable stock, onion, poblano pepper, cilantro, lime, olive oil, salt, pepper **Queso Fresco:** Pasteurized whole milk, salt, enzymes, culture **Creamy Cilantro Slaw** Red cabbage, green cabbage, carrot, sour cream, greek yogurt, olive oil, garlic, lemon, lime, cilantro, salt, sugar, cumin, coriander, paprika.

Contains: Milk

③ FARM-TO-FREEZER

curried tofu and vegetable fried rice

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