

PASTURE AND PLENTY

MARCH 31, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And any Monday where we can enjoy our hand-tossed pizzas is a good one, y'all. Our pizza dough undergoes a slow, cold ferment to add extra flavor and texture. And who doesn't want a more flavorful pizza crust that's perfectly chewy and crispy? So, get ready to stretch and toss your balls into delicious pizza pie crusts and make a night of it! Who doesn't want to enjoy your own pizza creation at home?



P&P pizza kit with red sauce, vegetarian sausage, peppers, onions and arugula



green coconut tofu curry with brown rice



gochujang potato stew with white beans and kale



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
- Enos Farms
- Vitruvian Farms
- Crossroads Community Farm
- Driftless Organics
- Saffi Saana

EXTRA GOODNESS

dark chocolate sea salt brownie

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Sugar, chocolate, butter, ap flour, brown sugar, eggs, cocoa powder, salt, vanilla extract.

Contains: Milk, wheat, 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

P&P pizza kit with red sauce, vegetarian sausage, peppers, onions and arugula

PREP & COOK TIME

75
MINUTES

IN YOUR BAG

Vegetarian Sausage

Pizza Dough

Shredded Cheese

Red Sauce

Peppers & Onions

Arugula

PAIR WITH

the darkly fruity and earthy Ercole Barbera del Monferrato or the drinkable Up North Wisconsin Lager from One Barrel Brewing Company

- 1 Keep dough frozen until the day you want to make the pizza and place in the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest while coming to room temperature.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 On a baking sheet, gently press down and stretch each pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 4 Spread the red sauce evenly on top of the dough. Sprinkle the shredded cheese evenly over the sauce, then scatter italian sausage, peppers and onions over on top.
- 5 Bake in preheated oven until crust is golden brown, sausage is well-browned on the edges and the shredded cheese is melted, bubbling and slightly browned, too, about 12 to 15 minutes. Remove from oven.
- 6 While the pizza is cooking, toss the arugula with a bit of olive oil, salt and red pepper flakes (if desired).
- 7 To serve, scatter dressed arugula on top of hot pizza and then slice with a large knife or pizza cutter. Dig in!

Vegetarian Sausage: Impossible ground beef (Water, Soy Protein Concentrate, Sunflower Oil, Coconut Oil, Natural Flavors, Methylcellulose, Cultured Dextrose, Food Starch Modified, Yeast Extract, Dextrose, Soy Leghemoglobin, Salt, Vitamin E (Tocopherols), L-Tryptophan, Soy Protein Isolate) red wine vinegar, salt, sugar, fennel, red chili flake, paprika, black pepper. **Pizza Dough:** Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Shredded Cheese:** Mozzarella (pasteurized milk, cheese culture, salt, enzymes), provolone (pasteurized milk, cheese culture, salt, enzymes), cheddar (pasteurized milk, cheese culture, salt, enzymes, annatto) **Red Sauce:** Tomato, garlic, salt, basil, sugar **Peppers & Onions:** Red bell peppers, green bell peppers, red onion, olive oil, salt. **Arugula**

Contains: Milk, wheat, soy, coconut

② READY-TO-EAT

green coconut tofu curry with brown rice

Heat green coconut curry and rice in separate saucepans over medium-low heat until hot; stir occasionally and cook for 6 to 8 minutes. For the rice, add 1/4 to 1/2 cup water and keep covered. Alternately, heat both in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates and top with green coconut tofu curry. Dig in!

Green Coconut Tofu Curry: Tofu, coconut milk, onion, red bell pepper, yellow bell pepper, green cabbage, red cabbage, sweet potato, cauliflower, spinach, eggplant, mushrooms, green curry paste [fresh chile pepper, garlic, fingerroot, shallot, salt, lemongrass, sugar, sweet basil, kaffir lime, spices, galangal, citric acid], olive oil, garlic, ginger, brown sugar, lime, rice vinegar, salt, pepper. **Brown Rice:** Brown rice, water, salt, pepper.

Contains: Soy, coconut, wheat, mushroom

③ FARM-TO-FREEZER

gochujang potato stew with white beans and kale



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