

PASTURE AND PLENTY

APRIL 21, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

And we have a great line-up of meals that we can't wait to share with you! Get excited for an easy, sheet pan supper of roasted maple-miso tempeh with brussels sprouts and potatoes, with pickled veg alongside; our stewed tofu ropa vieja, rich with tomato, olives, bell peppers, capers and raisins alongside yellow rice with peas and black beans; and then pasta e ceci — a classic Roman comfort food dish. Oh, don't forget the Earth Day themed dirt cups!



**sheet pan maple miso
tempeh** with brussels sprouts,
potatoes and pickled vegetables



tofu "ropa vieja" with Cuban
black beans, yellow rice and peas



pasta e ceci



PRODUCER SPOTLIGHT

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

Winterfell Acres
Driftless Organics
Fifth Season Coop
Elderberry Hill Farm
Tipi Produce
Sartori Cheese
Bandung

EXTRA GOODNESS

Earth Day dirt cup

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Mousse (chocolate, cream, water, egg yolk, butter, sugar, salt), dirt crumble (butter, ap flour, brown and white sugar, cocoa powder, oat, salt).

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

sheet pan maple miso tempeh with brussels sprouts, potatoes and pickled vegetables

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Tempeh

Maple Miso
Sauce

Vegetable Bag

Pickled
Vegetables

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 425°F. Cut tempeh into thin slices, 1/2" x 2 1/2" and toss in a bowl with the maple miso marinade. Leave tempeh to marinate while you prep the vegetables.
- 2 Wash and the potatoes; cut into roughly 1.5" cubes. Trim ends and any rough outer leaves from Brussels sprouts; slice them in half if larger than about 1.5" around.
- 3 Carefully toss the chopped veggies in the bowl with the tempeh and maple miso marinade. Transfer the veggies and the tempeh slices to a rimmed baking sheet, drizzle with any marinade remaining in the bowl, and place in the pre-heated oven and roast for 15 minutes.
- 4 Stir the tempeh and veggies and then roast for another 10 minutes or so until all vegetables are tender, tempeh is cooked through and crispy and browned in spots..
- 5 Plate the roast tempeh and vegetables, with the pickled carrots and radishes alongside, and enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Maple Miso Sauce:** Maple syrup, miso paste, rice wine vinegar, canola oil, water, salt, cumin
Vegetable Bag: Baby gem potatoes, brussels sprouts **Pickled Vegetables:** Carrot, radish, rice wine vinegar, white wine vinegar, sugar, salt

Contains: Soy

② READY-TO-EAT

tofu "ropa vieja" with Cuban black beans, yellow rice and peas

Heat ropa vieja, black beans and yellow rice in a sauté pan(s) over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Alternatively, heat them in microwave on high, adding water if needed, stirring every minute or so, until hot for about 3 minutes.

Divide rice onto plates, plating ropa vieja and beans alongside. Enjoy!

Ropa Vieja: Tofu (soybean, water, calcium sulfate, glucono delta lactone), tomato, vegetable stock, red onion, red bell pepper, yellow bell pepper, garlic, manzanilla olive, golden raisin, caper, salt, oregano, cumin, paprika, coriander **Cuban Black Beans:** Black bean, water, onion, orange, lime, lemon, garlic, cumin, coriander, paprika, oregano, salt **Yellow Rice with Peas:** White rice, water, pea, turmeric, salt

Contains: Soy, olives

③ FARM-TO-FREEZER

pasta e ceci

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