

PASTURE AND PLENTY

MAY 19, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of easy, Spring veg-laden faves, y'all! Look for: a sweet and mildly spicy crisp-tender asparagus and tofu stir-fry, with black pepper, honey and rice vinegar playing against turmeric's earthiness for a vibrant week-night meal; a bright green minestrone packed with Spring vegetables and tiny pasta, topped with our house-made nut-free pesto and SarVecchio cheese; and then our fan-favorite smothered sweet potato and black bean burritos.



stir-fried turmeric black pepper tofu with asparagus, boy choy, rainbow carrot and rice



Spring minestrone with pesto and SarVecchio cheese



smothered sweet potato black bean burritos with roasted chile chipotle sauce



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Winterfell Acres
Sartori Cheese
Arndt Land and Cattle
Zinkle's Asparagus Farm
Gentle Breeze Honey
Driftless Organics

EXTRA GOODNESS

chocolate granola

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

Ingredients: Oats, maple syrup, chocolate chips, coconut oil, sliced almonds, sweetened coconut flakes, cocoa powder, vanilla, salt.

Contains: Tree nut (almond), 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

stir-fried turmeric black pepper tofu with asparagus, boy choy, rainbow carrot and rice

PREP &
COOK TIME

30
MINUTES

IN YOUR BAG

Tofu

Dry Mix

Stir-fry Sauce

Vegetable Bag

Rice

PAIR WITH
the spicy FUSO
Cala Bianco
Terre Siciliane
or
the malty Pale
Weizenbock
from Giant
Jones

- 1 Wash and dry the vegetables and get your prep on! Trim your asparagus spears and thinly slice them on an angle into 1-inch pieces. Cut carrot in half lengthwise, lay flat on cut side and slice into thin half-moon coins (about 1/8" thick). Trim root end from bok choy and thinly slice.
- 2 Cut your tofu into 1" cubes. In a medium bowl, add the dry mix and tofu; carefully toss until well coated.
- 3 In a nonstick skillet, heat a splash of neutral oil over medium-high. Add the tofu and cook, flipping the squares often, until the turmeric is fragrant and the tofu is golden brown on all sides, 2 to 3 minutes per side. Remove tofu from pan.
- 4 Add the vegetables to the pan, season with salt, stir to combine and cook until crisp-tender, about 1 to 2 minutes.
- 5 Add the stir-fry sauce and cook, stirring, until the veg is more is cooked through and the sauce has thickened, 2 to 3 more minutes. Add the tofu back in and carefully stir to combine.
- 6 While the stir-fry is cooking, reheat the rice in a sauce pan over medium-low heat until hot, about 6 to 8 minutes. Stir occasionally and a splash of water if needed to soften the rice.
- 7 Divide rice onto plates, topping with the turmeric black pepper tofu and vegetable stir fry. Enjoy!

Tofu: Soybean, water, calcium sulfate, glucono delta lactone
Dry Mix: Flour, turmeric, salt **Stir-fry Sauce:** Water, honey, soy sauce, lime, rice wine vinegar, black pepper **Vegetable Bag:** Asparagus, rainbow carrot, bok choy **Cilantro Rice** White rice, water, cilantro, salt

Contains: Soy, wheat

② READY-TO-EAT

Spring minestrone with pesto and SarVecchio cheese

Reheat soup in a saucepan over medium heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 6 to 8 minutes.

Portion soup into bowls, garnish with pesto and sarvecchio cheese and dig in!

Spring Minestrone: Vegetable stock, ditalini (semolina [wheat], enriched durum wheat flour), white bean, onion, sweet pea, asparagus, spinach, garlic, white wine vinegar, lemon juice, red pepper flake, salt **Pesto:** Canola oil, olive oil, red wine vinegar, parmesan (milk, culture, salt, enzyme), pepita, spinach, arugula, basil, salt **SarVecchio Cheese:** Milk, salt, culture, enzyme

Contains: Milk, wheat

③ FARM-TO-FREEZER

smothered sweet potato black bean burritos with roasted chile chipotle sauce

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
608.665.3770 • pastureandplenty.com

M 3:30pm-7:30pm T-F 11am-7pm
SAT 9am-2pm