

# PASTURE AND PLENTY

OCTOBER 6, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Get excited for: our signature pizza kit with cream sauce, roasted squash, red onion jam, kale and lemony parmesan cheese to top it; a comforting white bean noodle soup (with noodles packed separately, to keep them nice and toothy) and fresh greens from Vitruvian Farms with a creamy poppyseed dressing; and to round it out, a spicy and piquant Indian tofu vindaloo chockfull of potatoes, eggplant and dragon tongue beans. Happy Fall, y'all!



**P&P pizza kit** with roasted squash, cream sauce, red onion jam, kale and lemony parmesan



**white bean noodle soup** with greens and creamy poppyseed dressing



**tofu vindaloo** with brown rice



### PRODUCER SPOTLIGHT

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

Winterfell Acres  
Sartori Cheese  
Vitruvian Farms  
Happy Valley Farms  
Crossroads Community Farm  
Olden Organics  
Blue Moon Community Farm

### EXTRA GOODNESS

#### cheesecake mousse

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Mousse (heavy cream, cream cheese, milk, egg yolk, sugar, vanilla, salt), graham cracker crumbs.

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 roasted squash, cream sauce, red onion jam, kale and lemony parmesan

PREP &  
COOK TIME

40  
MINUTES

#### IN YOUR BAG

Pizza Dough

Lemony  
Parmesan  
Cheese

Cream Sauce

Roasted  
Squash

Red Onion Jam

Kale

PAIR WITH  
the fresh and  
fruity El Jefe  
Tempranillo  
or  
the hoppy and  
hazy Justified  
West Coast IPA  
from Working  
Draft

- 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 While the dough is coming to room temperature and the oven is preheating, rinse and dry the kale leaves. Strip kale leaves from the stems and roughly chop. Massage kale with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch each well-floured pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges.
- 5 Spread the cream sauce evenly on top of the dough. Layer the roasted butternut squash on top, dollop on the red onion jam all over, then scatter the kale on top of both, before sprinkling the lemony parmesan over everything.
- 6 Bake in preheated oven until crust is golden brown, the kale is wilted and the parmesan cheese is melted, bubbling and slightly browned, too, about 12 to 15 minutes. Remove from oven.
- 7 Slice hot pizza with a large knife or pizza cutter and dig in!

**Pizza Dough:** Bread flour, 00' flour, semolina, yeast, olive oil, salt, sugar **Lemony Parmesan Cheese:** Sarvecchio (milk, culture, salt, enzyme), lemon **Roasted Squash:** Butternut squash, buttercup squash, salt, pepper, olive oil **Red Onion Jam:** Red onion, red wine, balsamic vinegar, olive oil, red wine vinegar, sugar, salt, pepper **Kale**

## ② READY-TO-EAT

### white bean noodle soup with greens and creamy poppyseed dressing

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. Once soup base is hot, add in noodles. Cook until noodles are just hot, about 2 to 3 minutes more.

While soup is heating, separate the lettuce leaves, give a quick chop, wash under cold water, and then dry. Toss with enough poppyseed dressing to coat evenly to your taste.

To serve, portion soup into bowls, serve salad alongside, and enjoy!

**White Bean Soup:** Vegetable stock, white bean, onion, celery, carrot, kale, garlic, red wine vinegar, olive oil, parsley, thyme, chive, dill, salt, pepper **Noodles:** Cavatappi (Semolina, durum wheat, vitamin b3, iron, vitamin b1, vitamin b2, folic acid) **Poppyseed Dressing:** Mayonnaise, milk, buttermilk, lemon, poppyseed, sugar, salt, dry mustard powder **Greens**

Contains: Wheat, milk, egg

## ③ FARM-TO-FREEZER

### tofu vindaloo with brown 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  
608.665.3770 • [pastureandplenty.com](http://pastureandplenty.com)

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