

PASTURE AND PLENTY

OCTOBER 13, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

We've got a great Fall menu lined up for you this week! Get excited for: pan-seared peppery tempeh with an easy miso-caramel sauce and stewed apples, with oven-roasted potatoes and kale; a classic tomato basil soup and grilled cheese sammies schmear with toum, a punchy and tangy sauce made with garlic, lemon juice, salt and oil; and a creamy, peanutty and slightly spicy Senegalese-inspired sweet potato mafé with brown rice.



miso caramel tempeh and apples with roasted potatoes and kale



tomato basil soup with toum grilled cheese



sweet potato mafé 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
Vitruvian Farms
Hook's Cheese
Roth Cheese
Madison Sourdough Co.
Happy Valley Farm
Bandung
Flyte Family Farm
Barnard Farms

EXTRA GOODNESS

granola

Instructions: Store at room temperature and enjoy within two weeks.

Ingredients: Oats, pecans, shredded coconut, pepitas, flaxseed, almond, apricot, maple syrup, brown sugar, coconut oil, vanilla, salt.

Contains: Tree nut, 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

miso caramel tempeh and apples with roasted potatoes and kale

PREP &
COOK TIME

40
MINUTES

IN YOUR BAG

Tempeh

Miso-Caramel
Sauce

Vegetable Bag

PAIR WITH

the dry and complex
Christophe Avi
Agenais Rosé
or
the crisp and
balanced Two
Women Lager
from New
Glarus
Brewing

- 1 Get your prep on! Wash and dry the apples, potatoes and kale. Core the apples, then cut them into 1/4-inch thick slices. Cut the small gem potatoes into quarters, which should be about a bite-sized piece. Strip the kale leaves off the stems and roughly chop. Slice your tempeh into 1/2-inch thick planks.
- 2 Preheat the oven to 425°F. Place potatoes onto a rimmed sheet pan and coat with olive oil; season generously with salt and pepper (or any seasoning of your choice!). Roast for 30 to 35 minutes, stirring halfway through. The potatoes should be tender in the center and browned on the edges. In the last five minutes, add the kale to the pan and toss with the potatoes to coat with oil and seasonings.
- 3 Meanwhile, season the tempeh slices all over with salt and freshly ground black pepper. Heat a large skillet over medium heat. Add a splash of neutral oil (like, grapeseed, canola or avocado) and the pork chop(s) to the skillet. Cook the tempeh slices, flipping every 2 minutes, until well-browned and crispy on the edges. Remove from pan.
- 4 Add the sliced apples to the skillet in a single layer and heat over medium heat. Cook without touching until browned underneath, about 2 to 4 minutes. If the pan is smoking at any point, reduce the heat. Pour in the miso caramel sauce and cook, scraping up browned bits and stirring, until thick enough to coat the back of the spoon, 1 to 3 minutes. Make sure to keep your eye on the sauce toward the end so it doesn't burn.
- 5 Turn off the heat, add the tempeh slices back to the skillet and turn to coat all over in the caramel. Serve the tempeh with a spoonful of the apples and caramel and the roasted potatoes and kale alongside. Enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Miso Caramel Sauce:** Water, apple cider vinegar, brown sugar, red miso paste, salt, pepper **Vegetable Bag:** Ginger gold apples, red gem potatoes, kale

Contains: Soy

② READY-TO-EAT

tomato basil soup with toum grilled cheese

Heat soup over medium heat in a saucepan, stirring occasionally, until hot, about 6 minutes.

Spread toum on the inside of each bread slice, add cheese slices on top of toum and close sandwich with the toum and cheese in the middle.

Heat a skillet over medium heat; melt a tablespoon or two of butter in the pan. Place sandwich in skillet, turning to coat both sides of sandwich with melted butter. Toast until bread is golden and cheese is melted, turning once, about 3 minutes per side.

Cut sandwich in half and plate; pour soup into bowl and dinner is on!

Tomato Basil Soup: Tomato, vegetable stock, onion, celery, carrot, garlic, red wine vinegar, olive oil, basil, sugar, salt, red pepper flake, pepper **MSCo Bread & Cheese:** MScCo bread (flour, water, salt), muenster (milk, culture, salt, enzymes, annato), smoked gouda (milk, culture, salt, enzymes) **Toum:** Canola oil, garlic, lemon, water, salt

Contains: Wheat, milk

③ FARM-TO-FREEZER

sweet potato mafé 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

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