

PASTURE AND PLENTY

OCTOBER 20, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

We have menu of flavor-packed meals for you to enjoy this week, y'all! Look forward to: a Southwestern-inspired salad kit with baby gem lettuce from Vitruvian Farms, black beans, our house-made zesty ranch, tortilla strips, queso fresco and a bevy of crunchy, farm-fresh veg; an old Indian fave, chana masala — chickpeas cooked in a spicy and tangy tomato-based sauce — served with rice and cucumber raita; and then our fan-favorite smothered burritos!



Southwestern salad kit with black beans, tortilla strips and zesty jalapeño ranch



chana masala with brown rice and cucumber raita



smothered sweet potato pinto bean burrito 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
Flyte Family Farm
Crossroads Community Farm
Tipi Organics
Happy Valley Farm
Saffi Saana

EXTRA GOODNESS

chocolate chip pumpkin bars

Instructions: Store in refrigerator for up to 7 days. Bring to room temperature before enjoying!.

Ingredients: Pumpkin purée, sugar, ap flour, sugar, semi-sweet chocolate chips, eggs, vanilla, baking soda, salt, cinnamon, nutmeg, clove, ground ginger, allspice.

Contains: Milk, egg, wheat

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

Southwestern salad kit with black beans, tortilla strips and zesty jalapeño ranch

PREP &
COOK TIME

25
MINUTES

IN YOUR BAG

Vitruvian Farms

Gem Lettuce

Black Beans

Queso Fresco

Jalapeño Ranch

Vegetable Bag

Tortilla Strips

PAIR WITH
the fruity and
spicy Zillmina
Organic Spanish
Red Wine
or
the refreshing
and crisp New
Glarus Moon
Man No Coast
Pale Ale

- 1 Prep your vegetables! First, cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce; once cut, wash and dry it. Wash and dry the other vegetables. Trim ends off of cucumbers and radishes, cut into bite sized pieces. Destem and deseed peppers before also cutting them into bite-sized pieces. Cut cherry tomatoes in half.
- 2 Gently reheat the black beans in a pan over medium-low heat (if desired) for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking.
- 3 In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, sprinkle on the chopped vegetables and then scatter the queso fresco on top.
- 4 Top the salads with the black beans, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips over everything. Enjoy!

Black Beans: Black bean, pasilla chile, cumin, onion powder, garlic powder, smoked paprika, guajillo chile, cayenne, ancho chile, coriander, salt, pepper, olive oil **Queso Fresco:** Milk, salt, enzymes **Jalapeño Ranch:** Buttermilk, sour cream, mayonnaise, lime juice, jalapeño, smoked paprika, olive oil, salt **Vegetable Bag:** Cucumber, bell pepper, radish, cherry tomato **Tortilla Strips:** Tortilla (corn, water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, salt **Vitruvian Farms Gem Lettuce**

② READY-TO-EAT

chana masala with brown rice and cucumber raita

Heat chana masala and rice in a separate sauce pans over medium-low heat for about 6 to 8 minutes until warmed through. If needed, add up to 1/4 cup of water to each, stirring occasionally to prevent sticking.

Alternatively, reheat chana masala and rice in the microwave for 2 to 3 minutes until warmed through, adding a few tablespoons of water and occasionally stirring as necessary.

Divide rice into bowls, ladle chana masala on top of rice and serve with cucumber raita on the side. Enjoy!

Chana Masala: Greek yogurt, heavy cream, cucumber, mint, cilantro, chat masala (salt, black salt, cumin, coriander, mint, ginger, yellow chili, nutmeg, caraway), salt, pepper **Brown Rice:** Brown rice, water, chili de arbol, bay leaf, salt, pepper **Raita:** Greek yogurt, heavy cream, cucumber, mint, cilantro, chat masala (salt, black salt, cumin, coriander, mint, ginger, yellow chili, nutmeg, caraway), salt, pepper

Contains: Milk

③ FARM-TO-FREEZER

smothered sweet potato pinto bean burrito 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