PASTURE AND PLENTY

NOVEMBER 3, 2025 | OMNIVORE

HOORAY, IT'S MONDAY!

Welcome to November! We have cozy, delicious meals in store to start the month off right, y'all. Look for: loco moco, a classic, hearty Hawaiian dish with fluffy vegetable rice topped with a beef patty and a crispy fried egg, all smothered in a savory caramelized onion and mushroom gravy; everyone's favorite lemony red lentil soup with charred scallion yogurt and pita; and a (mildly spicy) kimchi bacon mac and cheese with squash and brussels sprouts!

THE COOK KIT 1 EAT WELL, WORK LESS.

beef loco moco with fried eggs, onion-mushroom gravy and mixed vegetable rice

READY-TO-EAT 2 DINNER. DONE.

lemony lentil soup with grilled scallion yogurt and pita

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

kimchi bacon mac and cheese with butternut squash and brussels sprouts

WE LOVE LOCAL

PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Nueske's Applewood Smoked Meats
- Hook's Cheese
- Roth Cheese
- Sartori Cheese
- Vitruvian Farms
- Flynn Creek Farm
- Tipi Organics
- Happy Valley Farm

EXTRA GOODNESS

chocolate chip muffin

Instructions: Keep refrigerated for up to 1 week. Warm briefly before enjoying!

Ingredients: AP flour, granulated sugar, chocolate chip, buttermilk, egg, canola oil, butter, baking powder, cornstarch, vanilla extract, salt.

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

beef loco moco with fried eggs, onion-mushroom gravy and mixed vegetable rice

PREP & COOK TIME

30 MINUTES

—

IN YOUR BAG

Beef Patty Mix

Mushroom & Onion Gravy

Eggs

Rice with Vegetables

—

PAIR WITH

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

1. Shape beef patty mix into individual patties, about 3 inches in diameter. Press your thumb into center of each patty to create an indention (about 1/2-inch deep). Sprinkle both sides of patties with salt.
2. Heat a heavy skillet over medium-high until just smoking; add a splash of neutral oil. Transfer patties to skillet, and cook, flipping once, until browned on both sides, about 4 minutes per side. Transfer patties to a plate to rest. Reserve 2 teaspoons drippings in skillet, and discard any remaining drippings.
3. Reheat the onion and mushroom gravy in the same skillet over medium-low heat for about 2 to 3 minutes, stirring occasionally. Add beef patties to gravy in skillet; simmer for 1 more minute until heated through, spooning gravy over patties to warm through. Season to taste with salt, if needed, remove from heat and cover to keep warm.
4. Meanwhile, reheat your rice in a saucepan over low heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 5 minutes. Turn off heat once hot and cover to keep warm.
5. Last, fry your eggs! In another skillet, cast-iron or nonstick, heat a generous splash of olive oil over medium-high heat. Add your egg(s) into the pan and don't touch them until the edges are golden brown, 2 to 3 minutes. Season with salt and pepper. Then, tilt the skillet toward you so oil pools against the side of the pan. Using a spoon, baste egg(s) with hot oil, aiming at the uncooked portions of the egg whites and avoiding the yolk. Continue basting until eggs are puffy and cooked, 45 seconds to 1 minute.
6. Place warm rice with vegetables on each plate (or shallow bowl) and top with a patty, then the gravy, followed by the crispy, fried egg. Enjoy!

Beef Patty Mix: Beef, pepper, red wine vinegar, garlic powder, onion powder, smoked sweet paprika **Mushroom & Onion Gravy:** Water, onion, oyster mushroom, soy sauce, rice wine vinegar, cornstarch, salt, pepper **Rice with Vegetables:** Brown rice, cauliflower, broccoli, rainbow carrot, green bell pepper, salt, olive oil, pepper **Egg**

Contains: Beef, wheat, soy, egg, mushroom

2 READY-TO-EAT

lemony lentil soup with grilled scallion yogurt and pita

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.

Briefly warm your pita in the microwave or toaster oven.

Portion soup into bowls, garnish with grilled scallion yogurt and dig in, serving the warm pita alongside to dunk into the soup!

Lemony Lentil Soup: Red lentil, vegetable stock, kale, onion, celery, carrot, garlic, turmeric, lemon, red wine vinegar, smoked paprika, salt, pepper, dill, olive oil **Grilled Scallion Yogurt:** Yogurt (milk, enzymes), milk, scallion, lemon, olive oil, salt, pepper **Pita:** Enriched wheat flour, water, soybean oil, yeast, salt, sugar, dough conditioner, baking powder, nonfat dry milk, calcium propionate, potassium sorbate, yeast nutrients, whole wheat flour

Contains: Milk (optional), wheat (optional)

3 FARM-TO-FREEZER

kimchi bacon mac and cheese with butternut squash and brussels sprouts

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL · P&P

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

PASTURE AND PLENTY

NOVEMBER 3, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Welcome to November! We have cozy, delicious meals in store to start the month off right, y'all. Look for: loco moco, a classic, hearty Hawaiian dish with fluffy vegetable rice topped with a veggie & grain patty and a crispy fried egg, all smothered in a savory caramelized onion and mushroom gravy; everyone's favorite lemony red lentil soup with charred scallion yogurt and pita; and a (mildly spicy) kimchi mac and cheese with squash and brussels sprouts!

THE COOK KIT 1 EAT WELL, WORK LESS.

grain & veggie loco moco
with fried eggs, onion-mushroom gravy and mixed vegetable rice

READY-TO-EAT 2 DINNER. DONE.

lemony lentil soup with grilled
scallion yogurt and pita

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

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Hook's Cheese

Roth Cheese

Sartori Cheese

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Happy Valley Farm

EXTRA GOODNESS

chocolate chip muffin

Instructions: Keep refrigerated for up to 1 week. Warm briefly before enjoying!

Ingredients: AP flour, granulated sugar, chocolate chip, buttermilk, egg, canola oil, butter, baking powder, cornstarch, vanilla extract, salt.

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30 MINUTES

IN YOUR BAG

Grain & Veggie Patty Mix

Mushroom & Onion Gravy

Eggs

Rice with Vegetables

PAIR WITH

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

1. Shape grain & veggie patty mix into individual patties, about 3 inches in diameter. Press your thumb into center of each patty to create an indention (about 1/2-inch deep). Sprinkle both sides of patties with salt.
2. Heat a non-stick skillet over medium-high until just smoking; add a splash of neutral oil. Transfer patties to skillet, and cook, flipping once, until browned on both sides, about 4 minutes per side. Transfer patties to a plate to rest.
3. Reheat the onion and mushroom gravy in the same skillet over medium-low heat for about 2 to 3 minutes, stirring occasionally. Season to taste with salt, if needed, remove from heat and cover to keep warm.
4. Meanwhile, reheat your rice in a saucepan over low heat until hot, adding up to 1/4 cup water per serving (if needed) and stirring occasionally, for about 5 minutes. Turn off heat once hot and cover to keep warm.
5. Last, fry your eggs! In another skillet, cast-iron or nonstick, heat a generous splash of olive oil over medium-high heat. Add your egg(s) into the pan and don't touch them until the edges are golden brown, 2 to 3 minutes. Season with salt and pepper. Then, tilt the skillet toward you so oil pools against the side of the pan. Using a spoon, baste egg(s) with hot oil, aiming at the uncooked portions of the egg whites and avoiding the yolk. Continue basting until eggs are puffy and cooked, 45 seconds to 1 minute.
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Grain & Veggie Patty Mix: Barley, red quinoa, chickpea, rolled oats, panko, onion, carrot, cashew, oyster mushroom, shiitake mushroom, garlic, soy sauce, sriracha, sherry vinegar, salt, pepper **Mushroom & Onion Gravy:** Water, onion, oyster mushroom, soy sauce, rice wine vinegar, cornstarch, salt, pepper **Rice with Vegetables:** Brown rice, cauliflower, broccoli, rainbow carrot, green bell pepper, salt, olive oil, pepper **Egg**

Contains: Soy, wheat, egg, mushroom, tree nut (cashew)

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lemony lentil soup with grilled scallion yogurt and pita

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