

# PASTURE AND PLENTY

NOVEMBER 10, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

We have a delicious week of meals for you, y'all! Get excited for: loaded twice-baked potatoes with BBQ beans and a side of Vitruvian Farms' butterhead lettuce and cherry vinaigrette; our take on one of Ethiopia's most famous dishes, misir wat over brown rice with the traditional hard-boiled egg accompaniment; a Nigerian-inspired fried rice, seasoned with curry powder and loaded with tofu and veg; and, to finish it all off, a baked apple crisp!



### 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
- Tipi Produce
- Fifth Season Coop
- Hook's Creamery
- Saffi Saana
- Barnard Farms



**loaded twice-baked potato with BBQ beans and butterhead lettuce with cherry vinaigrette**



**misir wat with hard-boiled egg and brown rice**



**curried tofu and vegetable fried rice**

### EXTRA GOODNESS

## apple crisp

Instructions: Crisp can be frozen for up to six months and/or refrigerated for a week before baking. If frozen, let thaw in refrigerator. Preheat oven to 350°F. Place pyrex on baking sheet and bake until top is golden brown and the filling is bubbling throughout, about 20 to 25 minutes (meal kits for 1 and 2) or 28 to 32 minutes (for meal kits for 4)!

Ingredients: Filling (apples, granulated sugar, brown sugar, ap flour, cinnamon, nutmeg, salt), crumble (butter, ap flour, brown sugar, granulated sugar, rolled oats, salt).

**Contains: Milk, 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

## loaded twice-baked potato with BBQ beans and butterhead lettuce with cherry vinaigrette

PREP & COOK TIME

75  
MINUTES

IN YOUR BAG

- BBQ Beans
- Grilled Scallion Sour Cream
- Three Cheese Blend
- Baby Butterhead Lettuce
- Potato
- Cherry Vinaigrette
- Pickled Red Onions

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

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with the oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork.
- 3 Place the potatoes on a baking sheet in the oven, and roast for 45 minutes to an hour, depending on the size of the potatoes, until they offer no resistance when a knife is inserted in their centers. If you are still feeling unsure, use an instant-read thermometer: their internal temperature should be between 208°F and 211°F.
- 4 While the potatoes are cooking, core the lettuce heads, roughly chop into bite sized pieces. Wash and dry the lettuce, then set aside.
- 5 When the potatoes are done, remove them from the oven, slice them open down the middle and use a spoon to scrape out their flesh into a bowl. Add grilled scallion sour cream, salt and pepper and mash to combine. Spoon the mixture back into the empty skins, place on a baking sheet, top with the BBQ beans and shower with the three cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden and the beans are steaming hot.
- 6 When potatoes go back in the oven, toss the butterhead lettuce with enough cherry vinaigrette to coat the leaves (you may not need all of it) and season with salt and pepper, to taste.
- 7 Plate twice baked potatoes, top with pickled onions, and serve salad alongside. Dig in!

**BBQ Beans:** Pinto bean, ketchup, brown sugar, apple cider vinegar, soy sauce, molasses, salt, pepper, paprika, cumin, celery salt **Grilled Scallion Sour Cream:** Cultured milk, milk, scallion, salt, lime, pepper **Cheese Blend:** Cheddar (milk, culture, salt, enzyme), mozzarella (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme) **Cherry Vinaigrette:** Canola oil, red wine vinegar, dried cherry, dijon mustard, honey, salt, pepper **Pickled Red Onions:** Red onion, white wine vinegar, rice wine vinegar, red wine vinegar, sugar, salt, pepper, chile de arbol, bay leaf **Baby Butterhead Lettuce, Potato**

Contains: Milk, soy, wheat

② READY-TO-EAT

## misir wat with hard-boiled egg and brown rice

Peel hard-boiled egg. Add to a sauté pan with the misir wat over medium-low heat until hot, adding up to 1/4 cup water per serving and stirring occasionally, for about 6 to 8 minutes.

Also reheat rice in a saucepan over medium-low heat, for about 6 to 8 minutes until warmed through. If needed, add up to 1/4 cup of water to soften the rice, stirring occasionally to prevent sticking.

Divide rice into bowls, ladle misir wat (with egg) on top and enjoy!

**Misir Wat:** Red lentil, onion, cabbage, sweet potato, vegetable stock, red wine vinegar, white wine vinegar, ginger, garlic, olive oil, smoked paprika, sweet paprika, coriander, fenugreek, black pepper, cardamom, allspice, chile de arbol, salt, cinnamon, nutmeg **Brown Rice:** Brown rice, water, salt **Hard Boiled Egg**

Contains: Egg (optional)

③ FARM-TO-FREEZER

## curried tofu and vegetable fried 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  
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M 3:30pm-7:30pm T-F 11am-7pm  
SAT 9am-2pm