

# PASTURE AND PLENTY

NOVEMBER 24, 2025 | VEGETARIAN

## HOORAY, IT'S MONDAY!

Hopefully everyone had a great (and delicious) Thanksgiving! We have a tasty menu to welcome you back! Get excited for: Jenny's tofu in a crisp, everything-seasoning crust and served with a creamy, tangy caper sauce, couscous and roasted veggies; a squash and fontina galette from Tart enveloped in their signature flaky and buttery pastry crust with greens and a mustard vinaigrette; and a hearty, satisfying meal of classic mushroom barley soup!



**everything tofu** with couscous, creamy caper sauce and roasted vegetables



**roasted squash, caramelized onion and fontina galette from Tart** with mixed greens and mustard vinaigrette



**mushroom barley soup**



### PRODUCER SPOTLIGHT

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

**Bering Bounty**

Jenny's Tofu

Winterfell Acres

Elderberry Hill Farm

Tipi Organics

Flynn Creek Farm

Tart

Vitruvian Farms

Saffi Saana

### EXTRA GOODNESS

## dinner roll

Instructions: Keep rolls frozen until ready to enjoy. Reheat frozen roll in a microwave for 30 seconds to 1 minute. Or, cover frozen roll with foil and reheat in a 350°F oven for about 10 minutes.

Ingredients: Bread flour, ap flour, milk, butter, water, honey, salt, instant yeast.

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

**everything tofu** with couscous, creamy caper sauce and roasted vegetables

PREP & COOK TIME

45  
MINUTES

IN YOUR BAG

Jenny's Tofu

Everything Seasoning

Couscous

Creamy Caper Sauce

Vegetable Bag

PAIR WITH the rich and slightly mineral-ly OVUM PNK Salt Rosé

or the drinkable Up North Wisconsin Lager from One Barrel

- 1 Preheat oven to 400°F. Line a sheet pan with parchment paper.
- 2 Prep your vegetables! Peel and trim the carrots, turnips and radishes; cut into bite-sized pieces. Trim the ends of the brussels sprouts; cut in half or quarters, depending on size, so that pieces are also bite-sized. Toss the veg in a large bowl with a splash of olive oil and season with salt and pepper. Spread the vegetables out evenly, in a single layer, on the prepared sheet pan.
- 3 Next, prepare the tofu. Cut the tofu into 1" cubes or long 1/2" thick planks. Lightly coat the tofu with olive oil and then season with salt and coat in everything seasoning; nestle the tofu amongst the veg on the sheet pan.
- 4 Place the sheet the pan in the oven and roast for 15 minutes. Remove from oven, flip the tofu over and stir the veg. Return the sheet pan to the oven and roast for about 15 more minutes. Veg should be tender and slightly caramelized on the edges and the tofu should be golden brown and crispy.
- 5 Meanwhile, cook your couscous! Bring a large pot of salted water — we like about 2 to 3 teaspoons of kosher salt per quart of water — to a boil over high heat; drop in couscous and cook until tender with a bite, about 12 to 15 minutes. Drain the couscous, toss with a splash of olive oil and set aside.
- 6 Last, gently reheat the creamy caper sauce in a saucepan over medium-low heat for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of water if needed to prevent sticking or to thin out the sauce if too thick.
- 7 Plate couscous and veg, then top with everything-coated tofu. Drizzle everything with the creamy caper sauce and enjoy!

**Jenny's Tofu:** Sprouted organic whole soybeans, water, calcium sulfate  
**Everything Seasoning:** White sesame seed, black sesame seed, poppy seed, garlic, onion, salt  
**Couscous:** Wheat  
**Creamy Caper Sauce:** Cream cheese, milk, caper, salt, pepper, red chili flake  
**Vegetable Bag:** Rainbow carrot, turnip, watermelon radish, brussels sprouts

Contains: Soy, wheat, milk

② READY-TO-EAT

**roasted squash, caramelized onion and fontina galette from Tart** with mixed greens and mustard

Preheat oven to 375°F. Place frozen galette on parchment lined baking sheet and bake until filling is bubbling and the crust is golden brown, about 45 to 50 minutes. Remove from oven and let cool for 5 minutes before slicing and serving.

Meanwhile, toss mixed greens with desired amount of vinaigrette. Plate salad next to sliced galette. Dig in!

**Galette:** Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin [vitamin B3], reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), hard white whole wheat flour, butter (pasteurized cream, natural flavorings), sugar, kosher salt, black pepper, organic squash, onions, fontina cheese, olive oil, cayenne, sage  
**Vinaigrette:** White wine vinegar, lemon juice, dijon mustard, garlic, canola oil, olive oil, mustard seeds, salt  
**Greens**

Contains: Milk, wheat

③ FARM-TO-FREEZER

**mushroom barley soup**

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