

PASTURE AND PLENTY

DECEMBER 22, 2025 | VEGETARIAN

HOORAY, IT'S MONDAY!

Hope your holiday week ahead will be filled with joy and delicious food, friends. We're here to help with: an easy sheet pan dinner of tempeh and vegetables livened up with a gochujang marinade, adding salty, spicy and umami-rich layer of flavor; a warming bowl of tomato basil soup with grilled cheese sammies, for a classic comfort food meal; and, everyone's fave shepherd's pie topped with our creamy, sarvecchio-laden mashed potatoes!



gochujang tempeh and vegetables with scallion rice



tomato basil soup with grilled cheese and herb butter



roasted celeriac & white bean shepherd's pie with sarvecchio mashed potatoes



PRODUCER SPOTLIGHT

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

Bandung

Elderberry Hill Farm

Hook's Cheese

Kindred Creamery

Madison Sourdough Co.

Winterfell Acres

Alsum Sweet Corn

Tipi Organics

Sassy Cow Creamery

Fifth Season Coop

EXTRA GOODNESS

hot chocolate mix

Instructions: Whisk 3 to 4 tablespoons of mix into 1 cup (8 oz) of warmed milk of your choice.

Ingredients: Milk powder, powdered sugar, cocoa powder, sugar, salt.

Contains: Milk.

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

gochujang tempeh and vegetables with scallion rice

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

Tempeh

Vegetable Bag

Gochujang Sauce

Scallion Rice

PAIR WITH the fun and easy-going **Brisat Azimut Orange 2024** or

the refreshing **Commuter Kölsch** from **One Barrel Brewing Co.**

- 1 Preheat oven to 425°F. Cut tempeh into thin slices, 1/2" x 2 1/2" and toss in a bowl with up to half of the gochujang marinade, adding the marinade to taste. If it's too spicy, simply add less and, if needed, toss the tempeh a bit of olive oil and season with salt and pepper. Leave tempeh to marinate while you prep the vegetables.
- 2 Wash and dry your veg. Peel your carrots and watermelon radish. Destem your kale, discard the stems and roughly chop the leaves and set aside for later. Chop carrots and radish into bite sized pieces, about 1/4 inch slices.
- 3 Carefully toss the chopped carrots and radish in the bowl with the tempeh and gochujang marinade. Transfer the veggies and the tempeh slices to a rimmed baking sheet, drizzle with any marinade remaining in the bowl, and place in the pre-heated oven and roast for 10 minutes. Stir the tempeh and veg every 5 to 10 minutes to check for doneness; add the chopped kale to the sheet pan for the last 5 minutes of the cook. Roast until all vegetables are tender, tempeh is cooked through and crispy and browned in spots, about 30 minutes total cook time.
- 4 While tempeh and vegetables are roasting, warm the scallion rice in a saucepan over medium-low heat, adding a little water and stirring occasionally, until hot, about 8 minutes. Alternatively, remove lid, cover with a plate or paper towel, and microwave on medium high until hot, 1 to 3 minutes; stirring about every 30 seconds.
- 5 Plate the scallion rice, top with the roast tempeh and vegetables, drizzle all over with the remaining half of the gochujang sauce (as desired) and enjoy!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Vegetable Bag:** Rainbow carrots, watermelon radish, kale **Gochujang Sauce:** Gochujang (wheat flour, corn syrup, water, hot pepper powder, salt, wheat, distilled alcohol, defatted soybean powder, koji), soy sauce, white miso, rice vinegar, sesame oil, brown sugar, salt **Scallion Rice:** White rice, water, scallion, salt, pepper

Contains: *Wheat, soy, sesame*

② READY-TO-EAT

tomato basil soup with grilled cheese and herb butter

Let herb butter come to room temperature.

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

Place cheese slices between two slices of bread. Evenly spread softened herb butter on one side of the sandwich. In a medium nonstick skillet, place the sandwich, butter side down. Press the sandwich firmly with a spatula to compress. Cook over medium-low heat until lightly golden underneath, 3 to 4 minutes. Spread herb butter on the top side of the bread, then flip the sandwich over and press firmly. Cook until second side is lightly golden brown and the cheese is fully melted, another 3 to 4 minutes.

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

Tomato Soup: Tomato, vegetable stock, onion, celery, carrot, garlic, red wine vinegar, basil, sugar, salt, red pepper flake, pepper, olive oil **MSco Bread & Cheese:** MSco bread (flour, water, salt), muenster (milk, culture, salt, enzymes, annato), smoked gouda (milk, culture, salt, enzymes) **Herb Butter:** Cream, garlic, thyme, parsley, rosemary, chive, salt, pepper

Contains: *Milk, wheat*

③ FARM-TO-FREEZER

roasted celeriac & white bean shepherd's pie with sarvecchio mashed potatoes

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