

# PASTURE AND PLENTY

JANUARY 26, 2026 | VEGETARIAN

## HOORAY, IT'S MONDAY!

And we have a great line-up of cozy meals for you this week, y'all! Look for: a hearty salad of couscous, kale and baked tofu with a punchy, golden-hued carrot and ginger dressing, tossed with some seasonal roasted vegetables (turnips, rutabagas and radishes); a creamy, chunky baked potato-inspired soup topped with crispy Madison Sourdough croutons and scallion sour cream; and then our fan-favorite smothered burritos!



**kale, couscous and roasted  
tofu salad with carrot ginger  
dressing**



**baked potato soup with  
Madison Sourdough croutons and  
scallion sour cream**



**smothered sweet potato  
black bean burritos  
with salsa verde**



### PRODUCER SPOTLIGHT

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

Winterfell Acres

Driftless Organics

Jenny's Tofu

Madison Sourdough Co.

Sassy Cow Creamery

Hook's Cheese

Tipi Organics

### EXTRA GOODNESS

**brown butter  
chocolate chip cookie  
dough**

Instructions: Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes until golden, rotating halfway through for an even bake.

Ingredients: AP flour, sugar, brown sugar, butter, eggs, chocolate chips, vanilla, salt.

Contains: Milk, wheat, egg

### 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

# kale, couscous and roasted tofu salad with carrot ginger dressing

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Carrot Ginger Dressing

Tofu

Vegetable Bag

Kale & Herbs

Couscous

PAIR WITH

the rich and flinty Iconic Sidekick Chardonnay or the drinkable Up North

Wisconsin Lager from One Barrel

- 1 Preheat oven to 425°F.
- 2 Prep your vegetables. First, trim ends of turnips, daikon radishes and rutabaga; peel and cut into roughly 1/2"-cubes. Toss all of the veg in a large bowl with a splash of olive oil until well coated and season with salt and pepper.
- 3 Place the root vegetables on a rimmed sheet pan in a single layer. Roast in the preheated oven for 15 minutes
- 4 Slice your tofu into 1/2"-cubes. Reuse your large bowl to carefully toss the tofu with a splash of olive oil. Season with salt and pepper.
- 5 After 15 minutes, remove sheet pan with root vegetables from oven and carefully place tofu onto the hot pan. Continue roasting until the tofu is browned on the edges, and the vegetables are tender and caramelized, 10 to 15 minutes longer, tossing the veg and tofu once about halfway through.
- 6 While the veg is roasting, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. Once the water is at a rolling boil, add Israeli couscous to the water. Stir immediately to prevent the couscous from sticking together. Reduce the heat to a gentle boil to and cook for 10 to 15 minutes or until preferred al dente texture and drain; place in bowl and toss with a little olive oil.
- 7 Tear the kale vigorously into small pieces and scatter on top of the couscous. Drizzle the kale with a little olive oil, season the leaves with salt and pepper and then toss the kale, herbs and couscous together. Add the roasted vegetables and half of the dressing and toss until well combined. Taste and season with salt and pepper.
- 8 To serve, plate the couscous and vegetables, top with the roasted tofu, and then dollop the remaining dressing on top (to taste). Enjoy!

**Carrot Ginger Dressing:** Carrot, canola oil, olive oil, rice wine vinegar, white miso, ginger, sugar, salt, garlic **Vegetable Bag:** Turnip, rutabaga, daikon radish **Kale & Herbs:** Kale, parsley, cilantro **Israeli Couscous:** Wheat flour **Tofu:** Sprouted organic whole soybeans, water, calcium sulfate

*Contains: Soy, wheat*

② READY-TO-EAT

# baked potato soup with Madison Sourdough croutons and scallion sour cream

Reheat soup in a saucepan over medium heat until hot, adding up to 1/2 cup milk or water (as needed) and stirring occasionally, for about 6 to 8 minutes.

Warm croutons in the toaster oven or regular oven for a few minutes at 350°F until warmed and crisp.

Portion soup into bowls, garnish with crispy croutons and the scallion sour cream and enjoy!

**Baked Potato Soup:** Vegetable stock, potato, milk, sour cream, onion, garlic, cheddar (milk, salt, culture, enzyme, annatto), mozzarella (milk, salt, culture, enzyme), provolone (milk, salt, culture, enzyme), scallion, red wine vinegar, salt, red chile flake, pepper **MSco Croutons:** Flour, water, salt, olive oil, salt, pepper **Scallion Sour Cream:** Sour cream, heavy cream, scallion, salt, red wine vinegar, pepper

*Contains: Milk, wheat (optional)*

③ FARM-TO-FREEZER

# smothered sweet potato black bean burritos with salsa verde

See label for instructions and



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