

PASTURE AND PLENTY

FEBRUARY 9, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Get excited for a week of delicious, veg-packed meals ahead: loaded twice-baked potatoes with three bean & vegetable chili and a side of sautéed kale and pickled red onions & jalapeños; a warm roasted carrot, chickpea, feta and barley salad with loads of fresh spinach, pepitas and cranberries in a spiced tahini dressing; and our classic favorite spanikopita-style baked pasta with greens and feta!



loaded twice-baked potato topped with three bean & vegetable chili, sautéed kale and pickled red onions & jalapeños



roasted carrot, feta, chickpea and barley salad with spiced tahini dressing



baked spanikopita-style pasta with greens and feta



PRODUCER SPOTLIGHT

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

- Winterfell Acres
- Elderberry Hill Farms
- Sartori Cheese
- Hook's Cheese
- Saffi Saana
- Driftless Organics
- Tipi Organics

EXTRA GOODNESS

coconut chia pudding

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Coconut milk, chia seeds, maple syrup, vanilla extract.

Contains: Coconut

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 topped with three bean & vegetable chili, sautéed kale and pickled red onions & jalapeños

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Potato

Vegetarian Chili

Shredded Cheese

Scallion Sour Cream

Pickled Vegetables

Kale

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine or the refreshing and crisp New Glarus Staghorn Octoberfest

- 1 Preheat oven to 450°F.
- 2 Scrub potatoes under running water; dry them, and rub the skin of each with oil and a little salt. Pierce the skin of each in three or four places with the tines of a fork. Also, strip kale leaves from the stems and roughly chop; set aside.
- 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 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 jackets, place on a baking sheet, top with the chili and shower with the three cheese blend. Return to the oven for approximately 15 minutes, until the cheese is melted and golden and the pulled pork is steaming hot.
- 5 When potatoes go back in the oven, sauté the kale leaves with olive oil, salt and pepper, for about 5 minutes, until slightly wilted, but still vibrantly green. Add some of the pickled red onions and jalapeños (as well as some of their pickling liquid) and heat for 1 to 2 minutes more.
- 6 Plate twice baked potatoes, top with remaining pickled red onions and jalapeños and serve sautéed kale alongside. Dig in!

Vegetarian Chili: Sweet potato, poblano pepper, great northern bean, black bean, kidney bean, red bell pepper, vegetable stock, onion, tomato, sweet corn, guajillo chile, ancho chile, pasilla chile, tomato paste, garlic, brown sugar, salt, pepper, lime juice, la mesa chile powder, cayenne pepper, paprika, cumin, garlic powder, onion powder, coriander **Scallion Sour Cream:** Sour cream, heavy cream, scallion, lemon, pepper, salt **Shredded Cheese:** Mozzarella (milk, culture, salt, enzyme), provolone (milk, culture, salt, enzyme), cheddar (milk, culture, salt, enzyme, annatto) **Pickled Vegetables:** Red onion, apple cider vinegar, distilled white vinegar, jalapeño, sugar, salt **Potato, Kale**

Contains: Milk

② READY-TO-EAT

roasted carrot, feta, chickpea and barley salad with spiced tahini dressing

Heat a frying pan over medium-low heat. Once hot, add a splash of olive oil. Add the barley salad and cook until steaming, stirring occasionally. If needed, add up to 1/4 cup of water to soften the cold barley.

In a serving bowl, combine the barley salad with the spinach. Add a splash of olive oil and season with a bit of salt and pepper. Plate the salad, drizzle with the spiced tahini dressing and sprinkle with feta, pepitas and dried cranberries. Enjoy!

Barley Salad: Barley, carrot, chickpea, parsley, olive oil, lemon, salt **Spiced Tahini Dressing:** Tahini, water, lemon juice, garlic, olive oil, cumin, turmeric, ginger, cinnamon, ground black pepper, coriander, cayenne, allspice, nutmeg, clove, salt **Salad Toppings:** Feta (milk, bacterial culture, calcium chloride, enzyme, lipase), pepitas, dried cranberries **Spinach**

Contains: Sesame, milk

③ FARM-TO-FREEZER

baked spanikopita-style pasta with greens and feta

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 9am-7pm
SAT 9am-2pm