

PASTURE AND PLENTY

FEBRUARY 16, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We've got a flavor-packed menu for your week ahead, friends. Look for: a miso ramen kit, with a rich, creamy vegan miso broth, loaded with roasted mushrooms and sweet potato, sweet corn, edamame, fresh bok choy and tofu; ciabatta piled high with pinto beans in a creamy Alabama white bbq sauce with a crunchy, vinegary slaw and P&P pickles; and a (mildly) spicy jambalaya to heat you up from the inside out, arriving just in time for Mardi Gras!



miso ramen kit with tofu, mushrooms, sweet potato, bok choy, corn & edamame



Alabama white sauce pinto bean sandwich with p&p pickles and vinegary red cabbage slaw



jambalaya with red beans and cauliflower



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

Vitruvian Farms

Jenny's Tofu

Tipi Organics

Saffi Saana

Fifth Season Organics

Madison Sourdough Co.

EXTRA GOODNESS

mixed berry scones

Instructions: Keep refrigerated for up to 3 days. Warm briefly or bring to room temperature before enjoying!

Ingredients: Unbleached enriched hard wheat flour (wheat flour, malted barley flour, niacin (vitamin B3), reduced iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid), sugar, baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch and monocalcium phosphate), kosher salt, organic eggs, half & half (organic grade A milk, organic cream), butter (cream, natural flavoring), vanilla extract, lemon zest, blueberries, raspberries, blackberries..

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

miso ramen kit with tofu, mushrooms, sweet potato, bok choy, corn & edamame

PREP & COOK TIME

20
MINUTES

IN YOUR BAG

Miso Broth

Ramen Noodles

Vegetables

Vegetable Bag

Tofu

PAIR WITH

the rich and flinty Iconic Sidekick

Chardonnay

or

the drinkable Up North Wisconsin

Lager from One Barrel

- 1 First, prep your vegetables and tofu! Wash and dry bok choy, then slice roughly into bite sized pieces. Peel and trim the watermelon radish, then cut as thinly as possible before slicing into small strips. Trim and slice scallions finely. Cut tofu into bite-sized pieces.
- 2 Get individual bowls for everyone; divide corn, edamame, roasted sweet potatoes and mushrooms, tofu and julienned radish evenly between the bowls.
- 3 Bring a large pot of water to a boil over high heat. Cook ramen noodles and bok choy in the boiling water for two to three minutes. Drain carefully and divide evenly between bowls, as well.
- 4 At the same time, heat miso broth until simmering on the stovetop. Divide broth evenly among bowls, making sure to cover all of the delicious veg with the hot broth. Top with sliced scallions and enjoy!

Miso Broth: Vegetable stock, soy sauce, sweet potato, scallion, ginger, white miso (soybean, rice, water, salt, koji), rice wine vinegar, shiitake mushroom, oyster mushroom, salt, sugar, chili de arbol, bay leaf, olive oil. **Ramen Noodles:** Bleached wheat flour, water, corn starch, salt, dried egg white, potassium bicarbonate, potassium carbonate, sodium benzoate, riboflavin (vitamin b2) **Vegetables:** Sweet potatoes, shiitake mushrooms, oyster mushrooms, corn, edamame, olive oil, salt, pepper **Vegetable Bag:** Boy choy, watermelon radish, scallion **Tofu:** Sprouted organic whole soybeans, water, calcium sulfate

Contains: Soy, egg, wheat, mushroom

② READY-TO-EAT

Alabama white sauce pinto bean sandwich with p&p pickles and vinegary red cabbage slaw

Place white sauce pinto beans in a sauté pan with a splash of water over medium heat and cook, stirring occasionally, until heated through, about 5 to 7 minutes. Alternately, microwave beans on medium high until hot, about 1 to 3 minutes.

While beans are heating, slice ciabatta buns in half and toast, then give slaw a toss to redistribute the dressing.

Layer the white sauce beans, a bit of slaw and some pickles on the bottom half of the toasted bun before setting on the top half.

Plate the sandwiches and serve the remainder of the slaw and pickles on the side. Dig in!

Pinto Beans: Pinto beans, alabama white sauce (mayonnaise, brown sugar, apple cidar vinegar, whole grain mustard, horseradish, lemon juice, cayenne, garlic powder, onion powder, salt)

Ciabatta: Flour, water, olive oil, salt, yeast **P&P**

Pickles: Cucumbers, apple cider vinegar, white wine vinegar, white sugar, salt **Red Cabbage Slaw:** Red cabbage, carrots, parsley, chive, lemon juice, red wine vinegar, olive oil, salt

Contains: Egg, milk, wheat

③ FARM-TO-FREEZER

jambalaya with red beans and cauliflower

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 9am-7pm
SAT 9am-2pm