

PASTURE AND PLENTY

MARCH 30, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

We have a great menu to usher you back into the week ahead! Get excited for: a fajita dinner with flavorful, marinated skirt steak, tender sautéed veggies and frijoles charros; a hearty bowl of lentil soup meets gooey French onion soup with Madison Sourdough croutons and shredded mozzarella and gruyere to top it; our take on "marry me" chicken – creamy sun-dried tomato sauced chicken with root vegetables and kale over rice!



**marinated steak fajita kit
with frijoles charros**



**french onion lentil soup
with Madison Sourdough croutons and
melty cheese**



**"marry me" creamy sun-
dried tomato chicken with
roasted vegetables and brown rice**



PRODUCER SPOTLIGHT

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

- Madison Sourdough Co.
- Vitruvian Farms
- Sartori Cheese
- Winterfell Acres
- Driftless Organics
- Crossroads Community Farm
- Saffi Saana

EXTRA GOODNESS

cocoa macaroon

Instructions: Store at room temperature and enjoy within 3 days!

Ingredients: Coconut, cocoa powder, maple syrup, coconut oil, vanilla extract, salt

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

marinated steak fajita kit with frijoles charros

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

Skirt Steak

Marinade

Tortillas

Vegetable Bag

Charro Beans

Shredded Pepper Jack

PAIR WITH

the fresh and fruity El Jefe Tempranillo or

the hoppy and hazy Justified West Coast IPA from Working Draft

- 1 In the morning, place skirt steak in a large ziploc or lidded container and toss with HALF of the marinade (reserve the rest); place back in fridge. If possible, give the steak a flip or two throughout the day to evenly coat with marinade.
- 2 Rinse and dry all vegetables. Destem and deseed your peppers and slice into 1/2"-thick strips. Peel, core and slice your onions into a similar size. Toss the peppers and onion in bowl with the reserved marinade (refrigerate until ready to use if doing in the morning).
- 3 Heat a small amount of neutral oil in a skillet over medium-high heat. Place skirt steak in the skillet and cook, flipping occasionally, until steak is well charred and an instant-read thermometer inserted into their center registers 115 to 120°F for medium-rare or 125 to 130°F for medium. Let steak rest.
- 4 Wipe out skillet and heat again over medium-high heat with another splash of oil. Add the peppers and onions and cook, stirring occasionally, until they soften and begin to caramelize, 8 to 10 minutes.
- 5 Also gently reheat the frijoles charros in a saucepan over medium-low heat for about 10 to 15 minutes, or until hot. Stir occasionally, adding a splash of water (or two) if needed.
- 6 Wrap tortillas in a damp paper towel and microwave for 30 seconds. Keep tortillas wrapped in a towel after heating to keep them warm and pliable.
- 7 Once everything is ready, transfer the resting steak to a cutting board and pour any accumulated juices onto the vegetables. Toss to coat. Then, thinly slice meat against the grain and toss with the vegetables. Serve steak and vegetables immediately in hot tortillas topped with pepper jack cheese, with the frijoles charros alongside.

Marinade: Soy sauce, lime juice, canola oil, brown sugar, pasilla, guajillo, ancho, garlic, cumin, pepper, salt **Tortillas:** Bleached enriched flour, water, shortening, salt, leavening, calcium propionate, fumaric acid, mono diglyceride, cellulose gum, sorbic acid, enzymes, sodium metabisulfite **Vegetable Bag:** Red pepper, red onion **Beans:** Pinto bean, diced tomatoes, onion, red bell pepper, green bell pepper, yellow bell pepper, poblano pepper, jalapeño, garlic, red wine vinegar, salt, guajillo chile, pasilla chile, ancho chile, pepper **Pepper Jack:** Pasteurized milk, cheese cultures, jalapeño peppers, salt, enzymes **Skirt Steak**
Contains: Beef, milk, soy, wheat

② READY-TO-EAT

french onion lentil soup with croutons and melty cheese

In a saucepan, warm soup over medium heat until hot, stirring occasionally, about 6 minutes. Alternatively, heat in microwave on Medium High, stirring occasionally, about 4 minutes.

Ladle soup into bowl, top with croutons then shredded cheese. Let sit for a few minutes for the cheese to melt before enjoying.

Or, preheat oven to 425°F and divide soup into oven safe bowls or a baking dish. Add croutons on top, then sprinkle shredded cheese over them.

Place individual bowls or baking dish on a sheet pan in oven and bake until soup is thick, bubbling, and croutons and cheese are golden brown on top, 10-15 minutes.

Carefully serve hot soup and enjoy!

Lentil Soup: Yellow onion, red onion, french green lentils, vegetable stock, kale, garlic, salt, apple cider vinegar, dry thyme, pepper **MSCo Croutons:** MSCo ciabatta (Flour, water, olive oil, salt, yeast), olive oil, salt, pepper **Cheese:** Mozzarella, gruyere
Contains: Milk, wheat, alcohol

③ FARM-TO-FREEZER

"marry me" creamy sun-dried tomato chicken with root vegetables and brown rice

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