

PASTURE AND PLENTY

MARCH 30, 2026 | VEGETARIAN

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 Vitruvian Farm Oyster mushrooms, 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" chickpeas – creamy sun-dried tomato sauced chickpeas with root vegetables and kale over rice!



marinated oyster mushroom fajita kit with frijoles charros



french onion lentil soup with Madison Sourdough croutons and melty cheese



"marry me" creamy sun-dried tomato chickpeas with root 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 oyster mushroom fajita kit with frijoles charros

PREP & COOK TIME

45 MINUTES

IN YOUR BAG

- Vitruvian Oyster Mushrooms
- 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 Prep your vegetables either in the morning or in the evening about an hour before you want to cook (to give the veggies time to marinate). 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. Destem your mushrooms and also slice into strips. Toss the peppers, onions and mushrooms in bowl with the marinade (refrigerate until ready to use if doing in the morning).
- 2 When ready to cook, heat a small amount of olive oil in a skillet over medium-high heat. Place mushrooms, onions and peppers in the skillet and cook, stirring occasionally, until they soften and begin to caramelize, 8 to 10 minutes.
- 3 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) to prevent sticking.
- 4 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.
- 5 Once everything is ready, serve vegetables immediately in hot tortillas topped with the pepper jack cheese, with the frijoles charros alongside. Enjoy!

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 **Charro 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 **Shredded Pepper Jack:** Pasteurized milk, cheese cultures, jalapeño peppers, salt, enzyme **Vitruvian Oyster Mushrooms**

Contains: Mushroom, 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 first and then dig in!

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 bowls or ladle hot soup into individual bowls 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 chickpeas 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