

# PASTURE AND PLENTY

MAY 4, 2026 | OMNIVORE

## HOORAY, IT'S MONDAY!

Spring is springing, friends! And, boy, are we excited to have the first fresh lettuce heads of the season from our friends at Vitruvian Farms! We had been planning a different meal entirely, but when Farmer Tommy let us know that they had buttery sweet and delicate baby gem lettuce heads available, we pivoted in a heartbeat to a Southwestern-inspired salad kit. We hope you enjoy this special treat... we've been looking forward to this time of year for so long!



**Southwestern salad kit with chorizo, tortilla strips and zesty jalapeño ranch**



**three cup tofu and vegetables with sesame scallion brown rice**



**smothered chicken 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:*

Vitruvian Farms

Bandung

Winterfell Acres

Jenny's Tofu

Driftless Organics

Kingston Farming Cooperative

Saffi Saana

### EXTRA GOODNESS

**dark chocolate sea salt brownie**

Instructions: Store at room temperature and enjoy within 5 days.

Ingredients: Sugar, chocolate, butter, ap flour, brown sugar, eggs, cocoa powder, salt, vanilla extract.

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

**Southwestern salad kit with chorizo, tortilla strips and zesty jalapeño ranch**

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Vitruvian Farms Lettuce Heads

Tortilla Strips

Zesty Jalapeño Ranch

Queso Fresco

Chorizo

Pickled Red Onion & Jalapeño

Vegetable Bag

PAIR WITH

the fruity and spicy Zillamina Organic Spanish Red Wine or the crisp and balanced Two Women Lager from New Glarus

- 1 Prep your vegetables! First, cut the stem end off of your lettuce head(s) and roughly chop (or tear) lettuce; once cut, wash and dry it. Wash and dry the other vegetables. Trim ends off of cucumbers and radishes, cut into bite sized pieces. Peel, trim and shred carrots. Cut cherry tomatoes in half.
- 2 Reheat the chorizo in a pan over medium-low heat (if desired) for about 4 to 6 minutes, or until hot. Stir occasionally, adding a splash of oil if needed to prevent sticking.
- 3 In individual large bowls (or plates), layer the salad as follows: lettuce, then drizzle about half of the zesty ranch over it, scatter on the fresh vegetables, as well as the pickled red onion and jalapeño.
- 4 Top the salads with the chorizo, drizzle with the remainder of the zesty ranch and sprinkle tortilla chips and queso fresco over everything. Enjoy!

**Tortilla Strips:** Tortilla (corn, water, lime, sodium propionate, potassium sorbate, phosphoric acid, corn flour), canola oil, salt

**Zesty Jalapeno Ranch:** Buttermilk, sour cream, mayonnaise, lime juice, jalapeño, smoked paprika, olive oil, salt

**Queso Fresco:** Pasteurized grade A whole cow's milk, salt, enzymes, cultures

**Chorizo:** Chorizo, (pork, salt, spices [including red pepper, cumin], paprika, dextrose, natural spice extracts, garlic powder, vinegar), olive oil, salt, pepper

**Pickled Red Onion & Jalapeno:** Red onion, jalapeño, white wine vinegar, apple cider vinegar, rice wine vinegar, sugar, salt

**Vegetable Bag:** Radish, cucumber, carrot, cherry tomato

**Vitruvian Farms Head Lettuce**

*Contains: Milk, egg, pork*

② READY-TO-EAT

**three cup tofu and vegetables with sesame scallion brown rice**

Heat three cup tofu and vegetables and sesame scallion brown rice in separate sauté pans over medium-low heat until hot, adding a splash of water if needed and stirring occasionally, for about 6 to 8 minutes.

Divide rice onto plates and plate three cup tofu and vegetables on top. Dig in!

**Three Cup Tofu:** Tofu (organic whole soybeans, water, calcium sulfate), broccoli, red bell pepper, carrot, oyster mushroom, shiitake mushroom, bok choy, ginger, garlic, lemongrass, shaoxing wine, soy sauce, sesame oil, mirin, brown sugar, Thai basil, rice vinegar, cornstarch, olive oil, sesame seed, Thai chile

**Sesame Scallion Brown Rice:** Brown rice, sesame oil, sesame seed, scallion, salt

*Contains: Soy, sesame, alcohol, wheat, mushroom*

③ FARM-TO-FREEZER

**smothered chicken burritos with salsa verde**

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