

PASTURE AND PLENTY

MAY 11, 2026 | OMNIVORE

HOORAY, IT'S MONDAY!

Get excited for a delicious week ahead: a cozy dinner of beef stroganoff, served atop a pile of herby-buttered egg noodles with roasted carrots, parsnips and turnips alongside; a loaded panzanella salad made with Madison Sourdough croutons, fresh greens and loads of great toppings, including marinated artichokes, fresh asparagus, chickpeas and mozzarella in a lemon dill vinaigrette; and last, our signature fried rice loaded with vegetables!



beef and mushroom stroganoff with buttered egg noodles and roasted vegetables



panzanella salad with artichokes, chickpeas, asparagus, mozzarella and lemon dill vinaigrette



loaded vegetable fried rice with bacon



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Winterfell Acres
Driftless Organics
Madison Sourdough Co.
Lovefood Farms
Green Barn Farms
Fifth Season Organics
Saffi Saana

EXTRA GOODNESS

bbq sweet and spicy snack mix

Instructions: Store at room temperature and enjoy within one month.

Ingredients: Pepitas, cashew, rice chex (whole grain rice, rice, sugar, salt, molasses, vitamin E), sunflower seeds, bbq sauce (ketchup, brown sugar, apple cider vinegar, water, molasses, soy sauce, mustard powder, salt, smoked sweet paprika, garlic powder, black pepper).

Contains: Tree nut (cashew), soy, wheat.

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

beef and mushroom stroganoff with buttered egg noodles and roasted vegetables

PREP & COOK TIME

45
MINUTES

IN YOUR BAG

- Beef
- Stroganoff
- Egg Noodles
- Sour Cream
- Herb Butter
- Vegetable Bag

PAIR WITH

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

- 1 Preheat oven to 400 degrees. Prep your vegetables! Peel and trim the carrots, turnips and parsnips; cut into bite-sized pieces. Toss the veg in a large bowl with a splash of olive oil and season with salt and pepper. Spread the vegetables out evenly, in a single layer, on a sheet pan. Transfer the sheet pan to the oven and roast for 15 minutes. Stir, and keep roasting for about 10 to 15 minutes. Bake until the veg is tender and caramelized on the edges.
- 2 While the veggies are roasting, prepare a pot of well-salted, boiling water; we recommend 4 quarts of water and 2 tablespoons of salt. Once the water is at a rolling boil, carefully place it into the water. Stir immediately to prevent the pasta from sticking together. Reduce the heat to a gentle boil to and cook for 5 to 7 minutes or until preferred al dente texture and drain, reserving some pasta water for later. Toss the noodles with the herb butter and cover to keep warm.
- 3 Meanwhile, heat a sauce pan over medium low heat. Add the beef stroganoff and cook, stirring occasionally, until heated through, about 6 to 8 minutes. If it's looking too thick, feel free to stir in some of the reserved pasta water to thin it out. Remove from heat and add in the sour cream (it's key to do this off the heat so that the sour cream doesn't curdle) and hot, roasted vegetables. Stir to combine.
- 4 Serve the herb-buttered egg noodles in low, shallow bowls, top with beef stroganoff and roasted veggies. Enjoy!

Beef & Mushroom Stroganoff: Beef, vegetable stock, onion, button mushroom, tomato paste, soy sauce, butter, ap flour, garlic, thyme, salt, pepper **Egg Noodles:** Durum flour (wheat), egg yolks, niacin, iron, thiamin mononitrate, riboflavin, folic acid **Sour Cream:** Sour cream, heavy cream, whole grain dijon mustard **Herb Butter:** Butter, parsley, rosemary, tarragon, thyme, salt **Vegetable Bag:** Carrot, parsnip, turnip

Contains: Mushroom, wheat, egg, soy, milk, beef

② READY-TO-EAT

panzanella salad with artichokes, chickpeas, asparagus, mozzarella and lemon dill vinaigrette

Preheat oven (or toaster oven) to 300°F. Place sourdough croutons on a baking sheet and reheat for about 5 minutes until warm and crunchy/crispy.

Meanwhile, snap the ends off the tough ends of your asparagus and cut the asparagus on the bias into very thin slices (about 1/8-" thick), leaving the tips intact.

In a large bowl, toss the sliced asparagus, salad toppings and mixed greens together with the vinaigrette; toss gently to combine. Once mixed, add the toasted croutons. Taste and adjust the seasonings, adding more salt and pepper as desired.

Plate the panzanella and enjoy!

Madison Sourdough Croutons: MSCo miche (flour, water, salt), olive oil, salt, pepper **Lemon Dill Vinaigrette:** Canola oil, lemon juice, olive oil, dijon mustard, honey, dill, shallots, garlic, salt **Salad Toppings:** Chickpea, artichoke, mozzarella **Asparagus & Mixed Greens**

Contains: Wheat, milk

③ FARM-TO-FREEZER

loaded vegetable fried rice with bacon

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