

PASTURE AND PLENTY

JULY 20, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We hope y'all are excited for a delicious week ahead! Everyone's favorite pizza kit with elote-inspired toppings is coming your way, followed by a classic, silky potato leek soup with herb oil and crisp, fresh greens and citrusy house-made vinaigrette, and then you can feast on our take on moussaka, a classic Greek dish made of a rich, hearty green lentil tomato sauce chock-full of summer veg, topped with a thick, creamy béchamel!



P&P pizza kit with jalapeño cream sauce, sweet corn, poblanos, kale and black beans



potato leek soup with herb oil, mixed greens and citrus vinaigrette



green lentil moussaka with eggplant, potato, zucchini and yellow squash



PRODUCER SPOTLIGHT

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

Flyte Family Farms

Olden Organics

Sartori Cheese

Winterfell Acres

Saffi Saana

Alsum Sweet Corn

Crossroads Community Farm

EXTRA GOODNESS

almond poppy seed muffins

Instructions: Store at room temperature for up to 4 days. Reheat briefly before enjoying.

Ingredients: AP flour, sugar, milk, sunflower oil, eggs, poppy seeds, vanilla extract, almond extract, baking powder, salt).

Contains: Wheat, milk, egg, tree nut (almond).

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

P&P pizza kit with jalapeño cream sauce, sweet corn, poblanos, kale and black beans

PREP &
COOK TIME

45
MINUTES

IN YOUR BAG

Black Beans

Pizza Dough

Pizza Toppings

Jalapeño Cream
Sauce

Chihuahua
Cheese

Kale

PAIR WITH
the fruity and
lively La Pa-
tience Rosé
or
the refreshing
Commuter
Kölsch from
One Barrel
Brewing Co.

- 1 Keep dough frozen until the day you want to make the pizza. Transfer the dough to the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands, split into individual dough balls (one per person) and place on lightly floured surface. Cover with a kitchen towel and let rest while coming to room temperature.
- 2 Preheat oven to 425°F; if you have a convection setting now would be a great time to use it.
- 3 While the oven is preheating, rinse and dry the kale leaves. Strip kale leaves from the stems and roughly chop. Massage kale with a bit of olive oil, salt and red pepper flakes (if desired).
- 4 On a baking sheet, gently press down and stretch each well-floured pizza dough ball out to an 8 to 10" circle; they should be thin with slightly thicker edges. Place the shaped pizza dough onto a rimmed baking sheet.
- 5 Spread the jalapeño cream sauce evenly on top of the dough. Sprinkle the pizza toppings and black beans evenly over the top, followed by the kale and then the chihuahua cheese.
- 6 Bake in preheated oven until crust is golden brown, kale is crispy and the cheese is melted and slightly browned, about 12 to 15 minutes. Remove from oven.
- 7 To serve, slice with a large knife or pizza cutter. Dig in!

Black Beans: Black bean, water, salt **Pizza Dough:** Bread flour, water, 00 flour, olive oil, yeast, salt, sugar **Pizza Toppings:** Corn, poblano pepper, red onion **Jalapeño Cream Sauce:** Heavy cream, jalapeño, serrano, garlic, shallot, lime juice, salt, canola oil **Chihuahua Cheese:** Pasteurized grade A whole cow's milk, salt, enzymes, culture, potato starch (added to prevent caking), powdered cellulose (added to prevent caking) **Kale**

Contains: Wheat, milk

Keep the contents of your meal kit bag refrigerated unless otherwise specified.

② READY-TO-EAT

potato leek soup with herb oil, mixed greens and citrus vinaigrette

Soup can be served hot or cold! If serving hot, reheat soup in a saucepan over medium-low heat for about 5 minutes or until steaming hot. Stir occasionally, adding a splash of water or milk to thin the soup out, as desired.

Portion soup into bowls. Give the herb oil a shake to recombine it, then drizzle it over the top of the soup.

Toss mixed greens with desired amount of citrus vinaigrette and serve alongside potato leek soup. Enjoy!

Potato Leek Soup: Potato, leek, onion, vegetable stock (water, onion, carrot, celery, garlic, bay leaf, thyme, black peppercorn), milk, garlic, salt, red wine vinegar, thyme, pepper **Herb Oil:** Canola oil, olive oil, parsley, dill, chive **Citrus Vinaigrette:** Canola oil, lemon juice, lime juice, orange juice, white wine vinegar, dijon mustard, honey, salt **Mixed Greens**

Contains: Milk

③ FARM-TO-FREEZER

green lentil mousaka with eggplant, potato, zucchini and yellow squash

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