

PASTURE AND PLENTY

AUGUST 24, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

We're excited for our yearly take on elote (Mexican street corn) and a Mexican black bean salad alongside this week, friends! Always a favorite meal in August, when Alsum's sweet corn is rolling in. Add on a greens-packed white bean soup paired with wedges of MSCo seed & grain bread and herb butter, and a Hawaiian-style fried rice loaded with vegetables and pineapple, and dinner is ON!



elote (street corn) kit with Mexican black bean salad



greens and white bean soup with MSCo seed & grain boule with herb butter



Hawaiian-style vegetable fried rice with tofu and pineapple



PRODUCER SPOTLIGHT

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

Winterfell Acres
Madison Sourdough Co.
Alsum Sweet Corn
Happy Valley Farm
Green Barn Farm
Flyte Family Farm
Saffi Saana

EXTRA GOODNESS

chocolate overnight oats

Instructions: Keep refrigerated and enjoy within 3 days!

Ingredients: Whole milk, oats, chia seeds, maple syrup, cocoa powder, salt, cinnamon.

Contains: Milk

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

elote (street corn) kit with Mexican black bean salad

PREP &
COOK TIME

30
MINUTES

GRILL INSTRUCTIONS

- 1 Preheat grill for high heat. While preheating, shuck corn cobs (being careful to remove the silk).
- 2 Grill corn, turning often, until cooked and kernels are slightly charred, about 10 minutes.
- 3 While corn is grilling, give the Mexican black bean salad a stir to redistribute the dressing and divide onto plates. Top with tortilla strips.
- 4 Once corn is done, remove from grill and allow to cool slightly. Slather with aioli and sprinkle with cotija. Serve alongside the salad. Dig in!

OVEN INSTRUCTIONS

Preheat oven to 400°F. Place unshucked corn directly on oven rack and roast til tender and sweet, about 30 to 40 minutes.

Mexican Black Bean Salad: Black beans, green cabbage, red cabbage, red bell pepper, yellow bell pepper, cucumber, cherry tomato, red onion, lime juice, canola oil, salt, coriander **Tortilla Strips:** Corn tortilla (ground corn, water, corn flour, less than 2%: lime, sodium propionate, potassium sorbate, phosphoric acid, propionic acid, benzoic acid, guar gum, cellulose gum, enzymes), salt, canola oil **Cotija and Chili Powder:** Cotija cheese (cultured pasteurized milk, salt, enzymes), ground guajillo chile, ground ancho chile, ground pasilla chile, smoked paprika, coriander, cayenne pepper **Roasted Serrano Aioli:** mayonnaise, serrano pepper, jalapeno, garlic, lime juice, salt **Sweet Corn**

Contains: Egg, milk

IN YOUR BAG

Mexican Black
Bean Salad

Tortilla Strips

Cotija and Chili
Powder

Roasted Serrano
Aioli

Sweet Corn

PAIR WITH

the aromatic
and vibrant
Gulp Hablo
Orange Wine
or
the drinkable
Up North
Wisconsin Lager
from One Barrel
Brewing
Company

② READY-TO-EAT

greens and white bean soup with MSCo seed & grain boule with herb butter

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.

Cut the seed & grain boule into quarters (if needed) and then toast; slather with compound butter. Ladle soup into individual bowls, serve toast alongside, and dig in!

Greens and White Bean Soup:

Vegetable stock (water, onion, carrot, celery, garlic, bay leaf), white beans, swiss chard, onion, carrot, celery, fennel, ginger, tomato paste (vine-ripened tomatoes, naturally derived citric acid), garlic, lemon juice, salt, smoked paprika, pepper, sumac, bay leaf **MSCo Seed & Grain Bread:** Flour, water, salt, steel cut oats, sunflower seeds, sesame seeds, flax seeds **Herb Butter:** Butter, salt, rosemary, thyme, chives, parsley

Contains: Wheat, sesame, milk

③ FARM-TO-FREEZER

Hawaiian-style vegetable fried rice with tofu and pineapple

See label for instructions and ingredients.

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



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