NOVEMBER 2, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Fall flavors are front and center this week, friends! Start with everyone's favorite pizza kit, topped with roasted squash, brown butter sage cream sauce, caramelized onions and kale. Then dig into buffalo cauliflower and chickpea lettuce wraps with a carrot, celery and apple salad and our herby ranch to cool the heat. And round out the week with black bean and sweet potato feijoada over brown rice and kale. Dinner's done, y'all!

THE COOK KIT 1 EAT WELL, WORK LESS.

P&P pizza kit with roasted squash, brown butter sage cream sauce, caramelized onions and kale

READY-TO-EAT 2 DINNER. DONE.

buffalo cauliflower & chickpea lettuce wraps with carrot-apple salad and house-made ranch dressing

FARM-TO-FREEZER 3 REAL FOOD, ANYTIME.

black bean and sweet potato feijoada with brown rice



PRODUCER SPOTLIGHT

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

Olden Organics

BelGioioso Cheese

Sartori Cheese

Barnard Farms

Green Barn Farm

Nueske's Smoked Meats

Happy Valley Farms

Winterfell Acres

EXTRA GOODNESS

rye molasses cookie dough

Instructions: Store cookie dough in freezer. Bring dough to room temperature. Preheat oven to 350°F. Place cookies on a parchment-lined or greased cookie sheet. Bake in preheated oven for about 10 to 12 minutes, rotating halfway through for an even bake..

Ingredients: Butter, rye flour, ap flour, brown sugar, sugar, molasses, eggs, baking soda,ground ginger, salt, cinnamon, cloves..

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

P&P pizza kit with roasted squash, brown butter sage cream sauce, caramelized onions and kale

PREP & COOK TIME

75 MINUTES

IN YOUR BAG

Pizza Dough

Five Cheese Blend

Brown Butter Sage Cream Sauce

Kale

Roasted Squash

Caramelized Onions

PAIR WITH

the rich and round Iconic Sidekick Chardonnay or the toasty, malty Oktoberfest Märzen Lager from Potosi Brewing Co.

1. Keep dough frozen until the day you want to make the pizza and place in the refrigerator to thaw in the morning. At least one hour before baking, take dough out of refrigerator. Remove from packaging with floured hands. Meal Kits for 2 and 4 will need to split their larger dough in half 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 dough is coming to room temperature and 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.
5. Spread the cream sauce evenly on top of the dough. Layer the roasted butternut squash on top, dollop on the caramelized onions all over, scatter the cheese over everything, then lay the kale on top.
6. Bake in preheated oven until crust is golden brown, the kale is wilted and the cheese is melted, bubbling and slightly browned, too, about 12 to 15 minutes. Remove from oven.
7. Slice hot pizza with a large knife or pizza cutter and dig in!

Pizza Dough: Bread flour, '00' flour, semolina, yeast, olive oil, salt, sugar **Five Cheese Blend:** Low mositure part skim mozzarella, whole milk mozzarella, provolone, parmesan and romano cheeses (pasteurized part skim cows milk, cheese cultures, salt, enxymes and natural smoked flavorings), powdered cellulose, potassium sorbate and natamycin. **Brown Butter Sage Cream Sauce:** Milk, butter, ap flour, garlic, sage, lemon, salt **Roasted Squash:** Butternut squash, salt, pepper, olive oil **Caramelized Onions:** Red onion, olive oil, salt, pepper **Kale**

Contains: Milk, wheat

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

2 READY-TO-EAT

buffalo cauliflower & chickpea lettuce wraps with carrot-apple salad and house-made ranch dressing

Preheat oven to 400°F. Bake cauliflower and chickpeas in preheated oven until hot and crispy, about 10 to 15 minutes. Alternately, remove lid, cover with a plate or paper towel, and microwave cauliflower on medium high until hot, about 3 to 5 minutes.

Meanwhile, seperate leaf lettuce, wash under cold water, and then dry. Give carrot-apple salad a toss to evenly coat with dressing.

Divide cauliflower and beans onto lettuce wraps. Top with slaw and ranch dressing, or serve slaw on the side. Dig in!

Buffalo Cauliflower & Chickpeas: Cauliflower, chickpea, celery, spices, butter, cayenne, distilled vinegar, water, garlic powder, salt **Apple Carrot Salad:** Red cabbage, napa cabbage, carrot, apple, parsley, lemon, olive oil, salt, pepper **Ranch Dressing:** Mayonnaise, buttermilk, sour cream, lemon, parsley, dill, chive, onion powder, garlic powder, salt, pepper **Lettuce**

Contains: Milk, egg

3 FARM-TO-FREEZER

black bean and sweet potato feijoada with brown rice

See label for instructions and ingredients.

YOU CAN'T BUY HAPPINESS BUT YOU CAN BUY LOCAL · P&P

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