NOVEMBER 16, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Bring on the cozy, friends! Kick off the week with a fun sheet pan nacho night, loaded with black beans, sweet corn, roasted sweet potatoes, guajillo salsa and melty cheese. Then warm up with a coconut-rich chickpea moqueca over cilantro lime rice, and stock your freezer with our roasted celeriac and white bean shepherd's pie, made at our Foodworks Kitchen in brand new packaging. Grab a fork, y'all!



sheet pan nacho kit with black beans, corn, sweet potato, escabeche and cilantro lime crema



chickpea moqueca with cilantro lime rice



vegetarian shepherd's pie with white beans and parmesan mashed potatoes



PRODUCER SPOTLIGHT

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

Tortilleria Zepeda

Winterfell Acres

Vitruvian Farms

Sitka Seafood Market

Olden Organics

Sartori Cheese

Fifth Season Cooperative

Flyte Family Farm

EXTRA GOODNESS

coconut chia pudding

Instructions: Keep refrigerated and enjoy within 5 days.

Ingredients: Coconut milk, chia seeds, maple syrup, vanilla extract.

Contains: Coconut

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

sheet pan nacho kit with black beans, corn, sweet potato, escabeche and cilantro lime crema

PREP & COOK TIME

20 MINUTES

IN YOUR BAG

Tortilla Chips

Black Beans & Veg Mix

Escabeche

Cilantro Lime Crema

Shredded Cheese

Guajillo Salsa

Lettuce Bag

PAIR WITH

the juicy, chillable Los Conejos Malditos Tempranillo Carbonico or the Wisconsin classic Spotted Cow from New Glarus Brewing

1. Arrange an oven rack in the center of the oven and heat oven to 400°F. Line a sheet pan with parchment or foil.
2. While the oven heats, wash and dry the lettuce, then thinly slice or shred it. Set aside.
3. Assemble the nachos on the prepared sheet pan: Spread out an even layer of tortilla chips, then scatter the black beans, corn and roasted sweet potatoes over the top. Finish with the shredded cheese.
4. Slide the sheet pan into the oven and bake until everything is hot and the cheese is melted and bubbling, about 10 to 12 minutes.
5. Top the hot nachos with the shredded lettuce, guajillo salsa and escabeche, then add dollops of cilantro lime crema. Dig in!

Tortilla Chips: Tortilleria Zepeda tortillas (organic corn, alkaline water), canola oil, salt **Black Bean & Veg Mix:** Black bean, sweet potato, corn, salt **Escabeche:** Cauliflower, red bell pepper, red onion, carrot, jalapeño, apple cider vinegar, water, sugar, salt **Cilantro Lime Crema:** Sour cream, lime, cilantro, salt, coriander, cumin **Shredded Cheese:** Mozzarella (pasteurized milk, cheese culture, salt, enzymes), provolone (pasteurized milk, cheese culture, salt, enzymes), cheddar (pasteurized milk, cheese culture, salt, enzymes, annatto) **Guajillo Salsa:** Tomato, guajillo chile, garlic, water, apple cider vinegar, salt, cumin, coriander, cayenne **Lettuce**

Contains: Milk

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

2 READY-TO-EAT

chickpea moqueca with cilantro lime rice

Warm the chickpea moqueca in a saucepan over medium-low heat, stirring occasionally, until hot, about 6 to 8 minutes. Alternatively, cover and microwave on high, stirring every minute or so, until hot, about 3 minutes.

Meanwhile, warm the cilantro lime rice in a covered saucepan over medium-low heat with a splash of water, stirring occasionally, until hot, about 5 minutes. Alternatively, cover and microwave the rice on high until hot, about 2 to 3 minutes.

Divide rice into bowls and ladle the moqueca over the top. Enjoy!

Chickpea Moqueca: Coconut milk (coconut extract, water, citric acid, sodium metabisulfite), chickpea, vegetable stock (water, onion, carrot, celery, garlic, black peppercorn, bay leaf, thyme), butternut squash, red bell pepper, yellow bell pepper, onion, garlic, lime juice, Thai basil, red palm oil, salt, Thai chile **Cilantro Lime Rice:** White rice, water, cilantro, lime, salt, olive oil

Contains: Coconut

3 FARM-TO-FREEZER

vegetarian shepherd's pie with white beans and parmesan mashed potatoes

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
608.665.3770 • pastureandplenty.com

M 3:30pm–7:30pm **T-F** 9am–7pm
SAT 9am–2pm