NOVEMBER 23, 2026 | VEGETARIAN

HOORAY, IT'S MONDAY!

Thanksgiving week is here, friends, so we're keeping dinner easy while you plan the big feast! Pan-sear tempeh to serve over Montchevre goat cheese polenta with roasted Carmen pepper peperonata, then dig into tofu ropa vieja with black beans and yellow rice. Round it out with a creamy baked ricotta pasta with mushrooms, fennel and greens. We hope you have a great week, and we're so grateful you keep letting us feed you!



pan-seared tempeh with peperonata, goat cheese polenta and kale



tofu ropa vieja with Cuban black beans and yellow rice



creamy ricotta pasta with roasted mushrooms, greens and fennel



PRODUCER SPOTLIGHT

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

Vitruvian Farms
Meadowlark Organics
Olden Organics
Sartori Cheese
Belgioioso Cheese
Fifth Season Cooperative
Bandung
Pleasant Valley Produce
Winterfell Acres
Elderberry Hill Farm

EXTRA GOODNESS

buckwheat pancake mix

Instructions: Combine the wet and dry ingredients in a bowl with a rubber spatula until just combined. If the batter looks too thick, drizzle in a little extra water or milk until it's to your preferred consistency. Cover with plastic wrap and let rest for 10 to 15 minutes before cooking. Heat a pan on medium heat and grease with oil or butter. Use about 1/2 a cup of batter to make a 4-in to 5-in pancake. Cook for 3 to 4 minutes per side. Add berries, nuts, chocolate chips, etc!

Ingredients: Dry mix: ap flour, buckwheat flour, sugar, baking powder, baking soda, salt. Wet mix: buttermilk, eggs, canola oil, vanilla extract

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

pan-seared tempeh with peperonata, goat cheese polenta and kale

PREP & COOK TIME

30 MINUTES

IN YOUR BAG

Tempeh

Peperonata

Goat Cheese Polenta

Kale Bag

PAIR WITH

the bright and juicy Ercole Barbera del Monferrato

or

the toasty, nutty Doppelsticke Altbier from Giant Jones Brewing

1. Slice the tempeh into ½-inch-thick slabs. Pat dry with a paper towel and season generously on both sides with salt and pepper.
2. Meanwhile, rinse and dry the kale. Strip the leaves from the stems and roughly chop.
3. Heat 1 tablespoon nerutal oil (like canola or grapeseed) in a large skillet over medium heat until shimmering. Add the tempeh and sear until golden and crisp, 3 to 4 minutes per side. Move to a plate.
4. While the tempeh cooks, warm the polenta in a small saucepan over medium-low heat with a splash of water or milk (to help loosen it), stirring often, until hot and creamy, about 5 minutes.
5. Add the peperonata and kale to the now empty large skillet and cook, stirring, until the peperonata is hot and the kale is wilted, 3 to 4 minutes.
6. Spoon the polenta onto plates, top with the seared tempeh and serve the peperonata and kale alongside. Dig in!

Tempeh: Soybean, apple cider vinegar, water, rhizopus oligosporous (tempeh culture) **Peperonata:** carmen peppers, cherry tomatoes, yellow onions, red bell pepper, yellow bell pepper, white wine vinegar, red wine vinegar, parsley, garlic, olive oil, sunflower oil, salt **Goat Cheese Polenta:** coarse ground cornmeal, water, milk, goat cheese, salt, red wine vinegar, salt, red chili flake **Kale**

Contains: Milk, soy

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

2 READY-TO-EAT

tofu ropa vieja with Cuban black beans and yellow rice

Warm the tofu ropa vieja, black beans and yellow rice in separate saucepans over medium-low heat, adding a splash of water if needed and stirring occasionally, until hot, about 6 to 8 minutes. Stir the tofu ropa vieja gently so the tofu cubes hold their shape.

Alternatively, cover and microwave each on high, adding a splash of water if needed and stirring every minute or so, until hot, about 3 minutes.

Divide rice onto plates and serve the tofu ropa vieja and black beans alongside. Enjoy!

Tofu Ropa Vieja: Tofu (soybean, water, calcium sulfate, glucono delta lactone), tomato, red onion, red bell pepper, yellow bell pepper, garlic, manzanilla olive, golden raisin, caper, red wine vinegar, oregano, cumin, paprika, coriander, allspice, salt **Yellow Rice:** Brown rice, water, pea, corn, carrots, turmeric, salt. **Cuban Black Beans:** Black bean, water, lime, lemon, onion, garlic, cumin, coriander, paprika, oregano, bay leaf, salt.

Contains: Soy, olive

3 FARM-TO-FREEZER

creamy ricotta pasta with roasted mushrooms, greens and fennel

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