

# JANUARY SOUP MENU 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite! Soups in Green are Vegan!



1  
Chicken Tortilla  
Vegan Spinach Soup

2  
Chef's Choice

3  
Chef's Choice

4  
Broccoli Cheddar  
Vegan Cream of Fennel

5  
Beef Vegetable  
Vegan Black Bean

6  
Sweet and Sour Soup  
Garden Vegetable

7  
Detox Soup  
Vegan Minestrone

8  
Kielbasa and Kale  
Wild Rice Soup

9  
Chef's Choice

10  
Chef's Choice

11  
African Peanut Soup  
Hearty Tomato

12  
Chicken and Rice  
Mushroom Garlic

13  
Potato Soup  
Roasted Carrot

14  
Italian Wedding  
Roasted Red Pepper

15  
Turkey Chili  
Quinoa Chili

16  
Chef's Choice

17  
Chef's Choice

18  
Tortellini Soup  
Tomato Basil

19  
Chicken Noodle  
Miso

20  
Corned Beef & Cabbage  
Butternut Squash

21  
French Onion  
Curried Cauliflower

22  
Clam Chowder  
Vegan Corn

23  
Chef's Choice

24  
Chef's Choice

25  
Egg Drop  
French Lentil

26  
Pork Green Chili  
Vegan Green Chili

27  
Beef Barley  
Mushroom Barley

28  
Turkey Noodle  
Tuscan Bean

29  
Navy Beans and Ham  
Fresh Pea Soup

30  
Chef's Choice

31  
Chef's Choice



# Healthier Shepherd's Pie Recipe

By Janice Bissex, MS, RDN and Elizabeth Weiss, MS, RD Published January 24, 2018



Rebecca Clyde, MS, RDN, CD

## Directions

*Before you begin: Wash your hands.*

1. Preheat the oven to 375°F. Lightly oil or coat a 9 x 13-inch baking pan or dish with nonstick cooking spray and set aside.
2. Place a large Dutch oven or nonstick skillet over medium-high heat. Add the beef, carrots, garlic powder, and onion powder and cook, breaking up the large pieces, until the meat is no longer pink and the carrots are tender, about 5 minutes. Drain excess fat.
3. Stir in the beans, tomato soup, cheese, and corn. Simmer until heated through, 2 to 3 minutes. Season with salt and pepper to taste.
4. Arrange the meat mixture evenly in the prepared pan. Spread the mashed potatoes evenly on top, and sprinkle with the Parmesan cheese.
5. Bake until the meat mixture starts to bubble and the potatoes are heated through, about 15 minutes. Turn the oven to broil and broil until the top turns golden brown, 2 to 4 minutes.

## Nutrition Information

Serving size: 1 slice

Serves 8

Calories: 370; Total Fat: 10; Saturated Fat: 5g; Sodium: 520mg; Total Carbohydrates: 41g; Protein: 7g.

Creamy, comforting Shepherd's Pie is a time-tested family favorite. This lighter version of the classic recipe contains less fat and more fiber!

## Ingredients

1½ pounds lean ground beef (90% lean or higher)  
2 large carrots, peeled and shredded (about 2 cups)  
1 teaspoon garlic powder  
1 teaspoon onion powder  
One 15-ounce can pinto beans, drained and rinsed  
One 14½-ounce can all-natural tomato soup  
1½ cups shredded reduced-fat Cheddar cheese  
1 cup frozen corn kernels, thawed  
Kosher salt and freshly ground black pepper  
4 cups mashed potatoes  
2 tablespoons grated Parmesan cheese