



May Soup Menu 2021



SUNDAY

MEATLESS
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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|-----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
|  |  |  |  |  |  | <p>1</p> <p>Chef's Choice</p> |
| <p>2</p> <p>Chef's Choice</p> | <p>3</p> <p>Broccoli Cheddar Vegan Cream of Fennel</p> | <p>4</p> <p>Corned Beef & Cabbage Butternut Squash</p> | <p>5</p> <p>Chicken Tortilla Vegan Spinach Soup</p> | <p>6</p> <p>Detox Soup Vegan Minestrone</p> | <p>7</p> <p>Kielbasa and Kale Wild Rice Soup</p> | <p>8</p> <p>Chef's Choice</p> |
| <p>9</p> <p>Chef's Choice</p> | <p>10</p> <p>Potato Soup Roasted Carrot</p> | <p>11</p> <p>Beef Vegetable Vegan Black Bean</p> | <p>12</p> <p>Chicken and Rice Mushroom Garlic</p> | <p>13</p> <p>Italian Wedding Roasted Red Pepper</p> | <p>14</p> <p>Chicken Noodle Miso</p> | <p>15</p> <p>Chef's Choice</p> |
| <p>16</p> <p>Chef's Choice</p> | <p>17</p> <p>French Onion Curried Cauliflower</p> | <p>18</p> <p>Sweet and Sour Soup Garden Vegetable</p> | <p>19</p> <p>African Peanut Soup Hearty Tomato</p> | <p>20</p> <p>Pork Green Chili Vegan Green Chili</p> | <p>21</p> <p>Beef Barley Mushroom Barley</p> | <p>22</p> <p>Chef's Choice</p> |
| <p>23</p> <p>Chef's Choice</p> | <p>24</p> <p>Tortellini Soup Tomato Basil</p> | <p>25</p> <p>Turkey Noodle Tuscan Bean</p> | <p>26</p> <p>Clam Chowder Vegan Corn</p> | <p>27</p> <p>Jambalaya Coconut Curry Lentil</p> | <p>28</p> <p>Navy Beans and Ham Fresh Pea Soup</p> | <p>29</p> <p>Chef's Choice</p> |
| <p>30</p> <p>Chef's Choice</p> | <p>31</p> <p>Egg Drop French Lentil</p> | <p>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!</p> | | | |  |

Vegetable Stir-Fry with Tempeh Skewers and Peanut Sauce Recipe

Published January 24, 2018



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Ingredients

Peanut Sauce

5 tablespoons natural peanut butter (smooth or chunky)
5 tablespoons warm water
1 tablespoon seasoned brown rice vinegar
1 tablespoon low-sodium soy sauce
1 tablespoon raw honey
Dash of cayenne pepper

Directions

Before you begin: Wash your hands.

1. Whisk peanut sauce ingredients until smooth.
2. In pan, sauté 6 tablespoons peanut sauce with broccoli, carrots and bell pepper for 6 to 8 minutes, until vegetables are crisp-tender. Stir in brown rice.
3. Steam tempeh for 8 minutes, until tender. Put each piece on a skewer and brush with peanut sauce.
4. For each serving: Plate 2 cups stir-fry and 2 skewers. Sprinkle with green onions.

Nutrition Information Serving size: 2 Cups Stir-fry, 2 Skewers, Serves 4

Calories: 400; Total Fat: 17g; Saturated Fat: 2.5g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 370mg; Total Carbohydrate: 45g; Dietary Fiber: 9g; Sugars: 13g; Protein: 21g; Vitamin A: 260%; Vitamin C: 300%; Calcium: 15%; Iron: 20%.

Peanut sauce brings this stir-fry to life. Once you prepare this sauce, it can be incorporated into a variety of recipes like dipping sauce for spring rolls and dumplings, a condiment on veggie or chicken burger, a salad dressing or a sauce on a Thai pizza. Tempeh is a protein-rich soy food that has been enjoyed around the globe for centuries. Steaming tempeh allows the flavors from the sauce to soak in for a tasty end result.

Stir-fry and Skewers

6 cups chopped broccoli
2 cups sliced carrots
2 cups sliced red bell pepper
1 cup cooked brown rice
1 package (8 ounces) tempeh, cut into 8 pieces, widthwise
8 wooden skewers
2 green onions, chopped