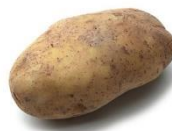


November 2021 Soup Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Soups written in green font are</p> 	<p>1 Broccoli Cheddar Vegan Cream of Fennel</p>	<p>2 Chicken Noodle Roasted Carrot</p>	<p>3 Potato Soup Quinoa Chili</p>	<p>4 Stuffed Cabbage Soup Vegetable Rice</p>	<p>5 Chicken Tortilla Vegan Spinach Soup</p>	<p>6 Chef's Choice</p>
<p>7 Chef's Choice</p>	<p>8 African Peanut Soup Hearty Tomato</p>	<p>9 Chicken and Rice Mushroom Garlic</p>	<p>10 Detox Soup Vegan Minestrone</p>	<p>11 Beef Vegetable Vegan Black Bean</p>	<p>12 Kielbasa and Kale Wild Rice Soup</p>	<p>13 Chef's Choice</p>
<p>14 Chef's Choice</p>	<p>15 French Onion Curried Cauliflower</p>	<p>16 Sweet and Sour Soup Garden Vegetable</p>	<p>17 Pumpkin Sausage Coconut Curry Lentil</p>	<p>18 Egg Drop French Lentil</p>	<p>19 Italian Wedding Roasted Red Pepper</p>	<p>20 Chef's Choice</p>
<p>21 Chef's Choice</p>	<p>22 Tortellini Soup Tomato Basil</p>	<p>23 Corned Beef & Cabbage Butternut Squash</p>	<p>24 Beef Barley Mushroom Barley</p>	<p>25 Thanksgiving Special All Day </p>	<p>26 Turkey Noodle Miso</p>	<p>27 Chef's Choice</p>
<p>28 Chef's Choice</p>	<p>29 Clam Chowder Vegan Corn</p>	<p>30 Navy Beans and Ham Fresh Pea Soup</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> 			



Sweet Potato Cornbread Muffins Recipe

By Jessica Cox, RD Published January 24, 2014



Rebecca Clyde MS, RDN, CD

Sweet potatoes are high in vitamins A and C, and make a delicious addition to cornbread.

Ingredients

2 ¼ cups yellow cornmeal
1 cup all-purpose flour
½ cup turbinado sugar
1 tablespoon baking powder
1 ½ teaspoons salt
½ teaspoon baking soda
¼ teaspoon ground ginger
1 ¾ cups low-fat buttermilk
1 cup mashed roasted sweet potato (about 1 large)
4 large eggs, lightly beaten
¼ cup butter, melted

Nutrition Information

Serving size: 1 muffin

Calories: 133; Total Fat: 3.2g; Saturated Fat: 1.6g; Cholesterol: 37mg; Sodium: 292mg; Total Carbohydrate: 22.7g; Fiber: 1g; Protein: 3.4g

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 425°F (218°C).
2. Combine cornmeal, flour, sugar, baking powder, salt, baking soda and ginger in a large bowl, whisking to combine.
3. In a medium bowl, combine buttermilk, sweet potato and eggs; whisk until smooth.
4. Add sweet potato mixture to cornmeal mixture, and stir just until moistened. Then, stir in melted butter.
5. Spoon batter into lightly greased muffin pans, filling about three-fourths full.
6. Bake 18 to 22 minutes or until tops are golden brown. Cool in pan for 5 minutes.